

POSTERIOR LABRAL REPAIR / STABILIZATION
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
Please contact office for renewal as needed

Weeks 0-3	<ul style="list-style-type: none"> • Sling in neutral rotation (abduction sling) • Pendulum exercises, elbow and wrist ROM • Wrist and grip strengthening
Weeks 4-6	<ul style="list-style-type: none"> • Sling use for 4 weeks minimum • Restrict to forward flexion 90°/IR to stomach, PROM→AAROM→AROM • ER with arm at side as tolerated • Begin isometrics with arm at side – FF/ER/IR/ABD/ADD • Start scapular motion exercises (traps/rhomboids/lev. Scap/etc.) • No cross arm adduction, follow ROM restrictions • Heat before treatment, ice after treatment per therapist’s discretion
Weeks 7-12	<ul style="list-style-type: none"> • Increase ROM to within 20° of opposite side; no manipulations per therapist; encourage patients to work on ROM on a daily basis • Once 140° active FF, advance strengthening as tolerated: isometrics→bands→light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers with low abduction angles • Only do strengthening 3x/week to avoid rotator cuff tendinitis • Closed chain exercises
Months 3-12	<ul style="list-style-type: none"> • Advance to full ROM as tolerated • Begin eccentrically resisted motions, plyometrics (e.g. weight ball toss), proprioception (e.g. body blade) • Begin sports-related rehab at 3 months, including advanced conditioning • Return to throwing at 4.5 months, throw from pitcher’s mound at 6 months • Push-ups at 4.5-6 months • Contact sports at 6-9 months