



Jeffrey H. Berg, MD
Gaurav Bhatia, MD
Aaron Carter, MD
Thomas B. Fleeter, MD
George Kartalian, MD
David R. Miller, MD
Dhruv Pateder, MD
James D. Reeves, MD

1860 Town Center Dr., Suite 300 Reston, VA
(703) 435-6604

6201 Centreville Rd., Suite 600, Centreville, VA
(703) 378-4860

Posterior Labral Repair Rehabilitation

I. Week 1

- Wear sling day and night
- Post-op PT appointment at 2nd post-op day for sling education and shoulder precautions
- Cervical Stretches
- Active elbow flexion and wrist/hand ROM
- Begin grip and wrist strengthening exercises
- Cryotherapy (GAME READY) and Electrical stimulation for edema and pain control
- Pendulums

II. 2-4 Weeks from Surgery

- Scar mobilization/desensitization
- Pendulums, wrist/hand exercises and cervical stretches
- Continue using Game Ready and wearing sling

III. 3 Weeks from Surgery

- Resume physical therapy sessions 1-3 times/week
- Isometric shoulder pinches/retraction
- Pulleys for AAROM abduction, scaption and flexion pain-free range to 90 degrees (issue pulleys for HEP prn)
- Seated unilateral scapular retraction in gravity eliminated position (i.e. arm resting at side)
- Bicep/Triceps isometric strengthening – multiangle
- Sidelying scapular mobilizations
- Sidelying scapular PNF (anterior elevation/posterior depression & posterior elevation/anterior depression) assisted and active

IV. 4 Weeks from Surgery

- Discontinue sling use (unless specified) – Pt should continue to wear sling in public areas but take it off at home and sleeping
- Neutral shoulder isometrics 6 directions
- Supine wand exercises flexion to 90 degrees, ER at neutral, abduction to 60 degrees

V. 5 Weeks from Surgery

- Wall alphabet with ball
- Active shoulder depressions with body weight
- MRE's (manual resistive exercises) at various angles, to include rhythmic stabilization
- Theraband Rows

VI. 6-7 Weeks from Surgery

- Discontinue sling use
- Biceps and triceps resistive strengthening
- PNF (D1 and D2) assisted with therapist
- Standing shoulder extension with wand
- Avoid terminal IR and cross chest Adduction
- Initiate AROM (Flexion, Scaption, Abduction, IR, ER)
 - Add resistance slowly at week 7 if able to perform with proper mechanics
- Supine punches
- Refine shoulder mechanics prn

VII. 8-12 Weeks from Surgery

- Full PROM and AROM
- Standing UE weight shifting
- Prone scapular stabilization exercises
- Work on eccentric control of RTC muscles
- Light functional activities
- Resistive PNF UE patterns
- Wall push ups – week 12
- Chest press to neutral – weeks 12
- Quadruped Stabilization – week 12
- Continued to avoid IR and cross chest adduction

VIII. 12-20 Weeks from Surgery

- Include plyometric exercises (i.e. chest pass, overhead pass)
- Progress resistive exercises and intensive shoulder exercises
- Progress functional and sport specific activities