



Dx:  Right  Left

Patient Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

PT/OT: Evaluate and treat. Follow the following protocol.

Signature/Date: \_\_\_\_\_

## Posterior Labral Repair Rehab

### GENERAL GUIDELINES

- Use the cryotherapy cuff continuously for the first 72 hours, then as-needed thereafter.
  - Ensure that the cuff never contacts the skin directly.
  - Apply to the shoulder after performing rehabilitation exercises for first **12 weeks**.
  - If no cryotherapy cuff is provided, use a bag of ice for 20 minutes each hour while awake, separating the bag of ice from skin with a cloth or T-shirt.
- Remove the bandage 72 hours after surgery, but leave the white steri-strips on the skin if present.
- Apply fresh gauze pad or band-aid for the first week after surgery.
- You may shower and get incisions wet after the first postoperative visit with your surgeon.
  - **DO NOT** submerge the shoulder under water for 4 weeks.
- The sling is used for both comfort and to protect the repair.
- Wear the sling for the first 4 weeks, removing it for exercises and showers.
- Wear the sling when out of the house for the first 6 weeks
- Schedule a follow-up appointment for 10-14 days after surgery.

**PHASE I** : Begins immediately post-op through the first postoperative visit (2 weeks)

#### Goals:

- Protect the shoulder and minimize inflammation
- Ensure skin healing
- Initiate early range of motion

#### Sling:

- Wear the sling full-time, removing only for shower and exercises
- May type or write in the sling.
- No holding or carrying anything heavier than a pen/pencil

#### Therapeutic Exercises (remove sling to perform 2 times per day):

- *Pendulums*. Start the day after surgery. Bend over at the waist and let the arm swing freely. Use your body to generate momentum for the arm to swing rather than using the muscles of the operated shoulder/arm. These should also be performed in the shower and is the safest position to wash under the armpit.
- *External rotation stretching*. Use the uninvolved arm to passively rotate the hand/arm on the surgical side to the outside (away from the belly). No reaching behind your back/internal rotation.

**PHASE II** : Begins 2 weeks postoperatively and extends to 4 weeks postoperatively

**Goals:**

- Protect the shoulder and the repair
- Regain shoulder motion

**Sling:**

- Wear the sling full-time, removing only for shower and exercises
- May type or write in the sling.
- No holding/carrying anything heavier than a pen/pencil

**Therapeutic Exercises (3 times per day):**

- All exercises from phase I
- *Wall-climb and/or pulley assisted elevation in scapular plane* (limit 120 degrees)
- *Scapular retractions*
- *NO internal rotation or adduction*

**PHASE III** : Begins 4 weeks postoperatively and extends to 8 weeks postoperatively

**Goals:**

- Protect the repair
- improve range of motion
- Progress to active range of motion while minimizing inflammation

**Sling:**

- Discontinue the sling at home after 4 weeks
- Wear the sling outside of the home for the first 6 weeks

**Activities:**

- No lifting or carrying anything heavier than a cup of coffee or can of soda

**Therapeutic Exercises (2 times per day):**

- All exercises from Phase II daily
- *Wall-climb and/or pulley assisted elevation in scapular plane* (limit 160 degrees)
- *Supported active shoulder external rotation*
- Active prone elevations (forward, scapular-plane, lateral/abduction, extension)

**PHASE IV** : Begins 8 weeks postoperatively and extends to 12 weeks postoperatively

**Goals:**

- Protect the repair/Maximize range of motion
- Initiate active range of motion while minimizing inflammation

**Activities:**

- No lifting or carrying anything heavier than 5 lbs

**Therapeutic Exercises (2 times per day):**

- All exercises from Phase III daily
- *Wall-climb and/or pulley assisted elevation in scapular plane*
- *Cross-body stretch*
- *Hands-behind-head stretch*
- Theraband strengthening in all planes

**PHASE V** : Begins 12 weeks postoperatively until 18 weeks postoperatively

**Criteria for advancement to Phase IV:**

- Full, painless range of motion

**Activities:**

- No holding or carrying anything heavier than 5 pounds
- No lifting anything heavier than 1 pound away from your body

**Goals:**

- progress early functional strengthening
- Protect the repair

**Therapeutic Exercises (stretching every day, strengthening every other day):**

- All exercises from Phase IV
- Stretching in all planes
- Progressive theraband strengthening
- Initiate weight training with shoulders in adduction (no presses)
- Rows, biceps, triceps

**PHASE VI** : Begins 18 weeks postoperatively

**Goals:**

- Maximize functional strength

**Therapeutic Exercises:**

- All exercises from Phase V
- progressive dynamic strengthening

**RETURN TO SPORT**

Requires clearance from physician

Sport training/practice once shoulder at 90% of uninjured side

- Start with 'walk-through' at < 1% of maximum effort
- Increase 10% effort each session as tolerated

Goal of return to full participation in contact sports at 7 months

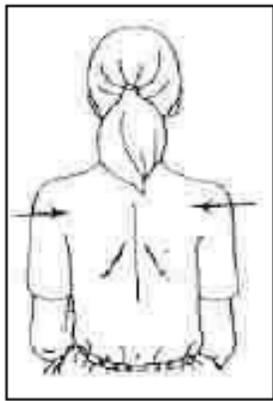
**Selected Exercise Diagrams (Phase 1 and 2)**



*Pendulums*



*External rotation stretching*

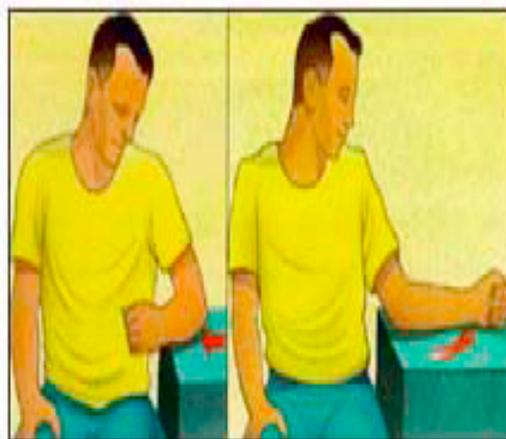


*Scapular retractions*



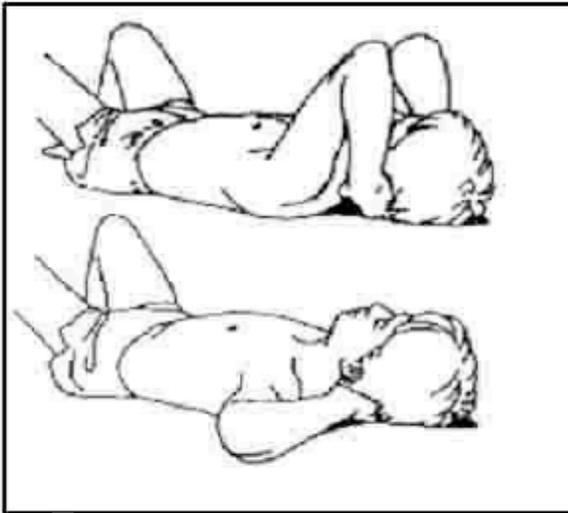
*Wall climb*

**Selected Exercise Diagrams (Phase 3)**



*Supported active shoulder rotation*

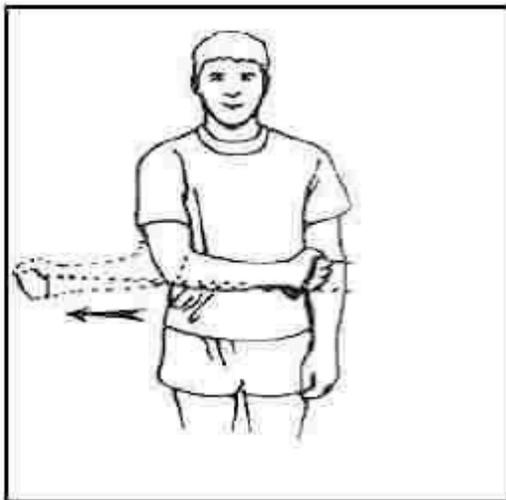
Selected Exercise Diagrams (Phase 4)



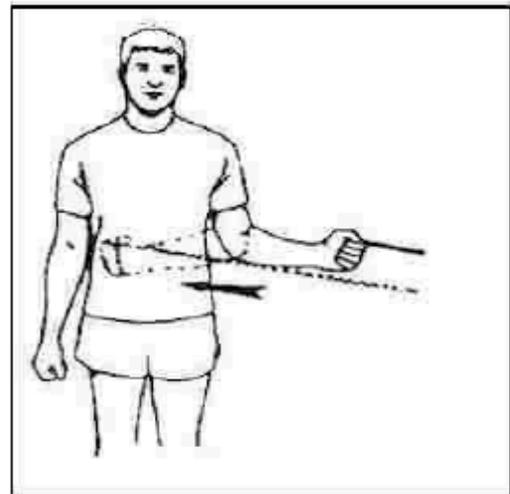
*Hands-behind-head stretch*  
*External rotation stretching in abduction/elevation*



*Cross-body stretching*



*Theraband external rotation*



*Theraband internal rotation*