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POSTERIOR LABRAL REPAIR REHABILITATION PROTOCOL

PATIENT NAME:

DATE OF SURGERY:

BODY PART/SIDE:

RECOMMENDATIONS:

- 1 *Frequency:* 2-3 times per week
- 2 Follow this protocol *without substitution*
- 3 Contact my office with any questions

IMPORTANT ITEMS:

- 1 Patient **MUST** regain **FULL PASSIVE** forward elevation by **8 WEEKS POST-OP**
- 2 Sling to be worn for total of 6 weeks. Remove for bathing and exercises only
- SLAP Repair--**NO** isolated biceps activation for **8 WEEKS POST-OP**

PHASE I PRECAUTIONS

- May type/write with sling on
- NO** holding or carrying anything heavier than a pencil
- NO** reaching behind back/IR

PHASE I [0-2 WEEKS]	
ROM	STRENGTH
Begin gentle pendulums	None
Initiate PASSIVE external rotation stretching	
Begin PROM for elbow, wrist, and hand	

GOALS TO PROGRESS TO PHASE II

- Pain and inflammation controlled
- Gradual increase in ROM
- Promote tissue healing
- Initiate muscle contraction/enhance scapular function
- Protect Repair

PHASE II PRECAUTIONS

- Continue Phase I Precautions

PHASE II [2-4 WEEKS]	
ROM	STRENGTH
Continue Phase I ROM	Begin wall climb and/or pulley assisted elevation in scapular plane [limit 120°]
Begin shoulder PROM [NO IR and adduction]	Scapular retractions

GOALS TO PROGRESS TO PHASE III

- Pain and inflammation controlled
- Gradual increase in ROM
- Protect Repair
- Promote tissue healing
- Discontinue sling at **HOME ONLY** a **4 WEEKS POST-OP**

PHASE III PRECAUTIONS

- NO** holding/carrying items heavier than a cup of coffee/can of soda

PHASE III [4-8 WEEKS]	
ROM	STRENGTH
Progress Phase II ROM	Progress Phase II Exercises
Begin supported ACTIVE shoulder ER	Progress wall climb and/or pulley assisted elevation in scapular plane [limit 160°]
Active PRONE elevations [forward, scapular-plane, lateral/abduction, extension]	

GOALS TO PROGRESS TO PHASE IV

- Regain **FULL PASSIVE ROM** by **8 WEEKS POST-OP**
- Progress AROM while minimizing inflammation
- Protect repair

PHASE IV PRECAUTIONS

- NO** lifting or carrying anything heavier than 5lbs

PHASE IV [8-12 WEEKS]	
ROM	STRENGTH
Continue Phase III ROM	Progress Phase III Exercises
Begin crossbody stretching	Initiate TheraBand strengthening in all planes
Initiate hands-behind-head stretch	

GOALS TO PROGRESS TO PHASE V

- Full, painless ROM in all planes

PHASE V PRECAUTIONS

- NO** holding or carrying anything **GREATER THAN 5LBS**
- NO** lifting **HEAVIER THAN 1LB AWAY FROM BODY**

PHASE V [12-18 WEEKS]	
ROM	STRENGTH
Continue stretching progression [no limits]	Progress TheraBand strengthening
	Initiate weight training with shoulder in adduction [NO PRESSES; include rows, biceps, and triceps]

GOALS TO PROGRESS TO PHASE VI

- Progress early functional strengthening
- Protect Repair

PHASE VI [18+ WEEKS]	
ROM	STRENGTH
Full, unrestricted motion	Progress Phase V strengthening
	Begin progressive dynamic strengthening
	Maximize functional strength

RETURN TO SPORT CRITERIA

- Requires clearance from **SURGEON**
- FULL, PAINFREE** shoulder function **WITHOUT** signs of instability
- Sport-specific training/practice once shoulder is at 90% of uninvolved side
- NO** throwing or overhead athletic moves until **4 MONTHS POST-OP**
- FULL** return to contact sports **ANTICIPATED** at **7 MONTHS**