

Posterior Labral Repair Protocol

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- A. 0-2 weeks post-op
 1. Abduction sling
 2. Frequent cryotherapy and modalities as indicated
 3. PROM phase with restrictions:

ER	To tolerance
Abd	90°
Flex	90°

No IR or posterior capsule stretching
- B. 2-4 weeks post-op
 1. Abduction sling
 2. Continue cryotherapy and modalities as indicated
 3. AAROM phase with restrictions:

ER	To tolerance
Abd	120°
Flexion	120°

No IR or posterior capsule stretching
- C. 4-6 weeks post-op
 1. Wean from sling beginning at 6 weeks first with abduction pillow
 2. Continue cryotherapy and modalities as indicated
 3. Exercise
 - a. AROM phase.
 - b. ROM is as tolerated for ER, Abd, and Flex
 - c. No forced IR or posterior capsule stretching
 - d. May introduce light PRE with care not to load surgical repair
- D. 6 weeks post-op
 1. Progressive strength phase
 2. Conservative with CKC exercises and avoid excessive loads to surgical repair
- E. 12 weeks post-op
 1. Comprehensive, progressive UE strength and stabilization work
 2. Protect posterior aspect of glenohumeral joint
 3. Maintain wide grip during bench press or similar CKC exercise
 4. Begin gentle IR / posterior capsule stretching as indicated
- F. 16 weeks post-op
 1. Sport specific streamlining
 2. Interval programs