

# 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
  - 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