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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

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- 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