

Posterior Labrum Repair REHAB Protocol

GENERAL GUIDELINES

No active range of motion for the first 6 weeks postoperatively.
Sling with abduction pillow at all times for 6 weeks.

Protection phase

Goals:

1. Protect healing repair
2. Decreased pain and swelling
3. Gradually improve PROM was inset limits
4. Preserve strength of the elbow, wrist and hand

Postop visit #1:

1. Dressing change/check surgical wound
2. Pendulums
3. Elbow, wrist flexion and extension
4. Towel/ball squeezes
5. Scapular squeezes
6. Initiate passive range of motion
 - External rotation to tolerance in scapular plane
 - IR to 30 degrees in scapular plane
 - Limit FF to 100 degrees
 - Limit abduction to 90 degrees

Week 2

1. Limited forward flexion to 120°
 - Limited IR to 30° at 90° of abduction
 - Goal of abduction to 120°
 - Goal of ER to 65° and 90° of abduction
2. Continue PROM to above limits
3. Initiate biceps and triceps strengthening
4. Continue with home exercises

Controlled Strengthening Phase

Goals:

1. Protect healing repair
2. Begin to strengthen periscapular muscles
3. Initiate AAROM
4. Continue to gradually increase PROM

Week 4

1. Limited forward flexion to 140°
 - Limited IR to 35° at 90° of abduction
 - Goal of abduction to 120°
 - Goal of ER to 90° and 90° of abduction
2. Continue progressive PROM to above limits
3. Continue with modalities to decrease pain and swelling
4. Initiate isometric scapular proprioception exercises with shoulder in neutral rotation
(core Squeezes, Lows Rows, scalp depressions ETC)

Week 6

1. Limited forward flexion to 160°
 Limited IR to 40° at 90° of abduction
2. Initiate manual stretch and joint mob within ROM limits as indicated, avoiding painful stretching
3. Continue with UBE - increase use of affected side, continue with pulleys
4. Progressive scapular proprioception exercises to PRE (t-band, dumbbell resistance)
5. Initiate scapular proprioceptive exercises with varying degrees of shoulder IR/ER
6. AROM exercises (SL ER, prone flex, prone horizontal abd with palm down, flex in scapular plane)
7. Stabilization exercises (Bodyblade, WB stabilization exercises, rhythmic stabilization)

Strengthening phase

Goals:

1. Protect repair, increase PROM
2. Progress strengthening of scapular muscles; initiate strengthening of RC muscles
3. Progress AAROM to resist R Brooks AROM

Week 8

1. Full ROM in all planes, equal to the unaffected side
2. Initiate T band IR/ER
3. Progress SL ER to PRE
4. Continue to progress AROM exercises (prone horizontal abduction with thumb up, UE, PNF)

Advanced Strengthening Phase

Goals:

1. Progress strengthening
2. Initiate functional strengthening
3. Begin functional training (return to sport or work) when appropriate

Weeks 10+

1. Continue with RC and scapular PREs
 2. Progress single arm prone exercises to Blackburn's
 3. Gradually return the patient to premorbid activity level

Return to work/sports per M.D. recommendation. Patient must have full ROM and 5/5 strength in all planes to be considered for return to sports in job requiring manual labor/lifting.