



POSTERIOR LABRAL REPAIR

IMMEDIATE POST-OP REHAB

Patient will be placed in an immobilizer for 4 weeks. Patient is allowed to start hand, wrist and elbow range of motion.

10 DAYS POST-OP

Patient can remove immobilizer for showering and begin gentle pendulum exercises three times daily. Elbow and wrist AROM can begin. All other activities of daily living will be done in the immobilizer.

4 WEEKS POST-OP

Physical therapy will begin; initiation of passive range of motion in the shoulder avoiding movement of the arm beyond midaxillary line.

6 WEEKS POST-OP

Initiate active range of motion. Scapular stabilization, upper back and shoulder postural awareness can be started.

8 WEEKS POST-OP

Passive range of motion should approximate normal limits except IR and activities behind back to protect repair until 10 weeks postop. Internal will be limited. Progress to gentle resistive motion exercises (theraband).

12 WEEKS POST-OP

Patient's can now move beyond midaxillary line. Progression of resistive exercises including rowing and multi-joint lifting can be incorporated.

6 MONTHS POST-OP

Return to contact sports. Initiate sports specific activities for racquet and throwing sports.

8 MONTHS POST-OP

Return to all athletic activity.

This protocol provides the clinician with general guidelines for the rehabilitation of the patient undergoing a posterior labral repair.

Questions regarding the progress of a specific patient are encouraged, and should be directed to Twin Cities Orthopedic rehabilitation department at 952 442-8201 or at rehabprotocols@tcomn.com