



Posterior Labral Repair  
Traumatic or Congenital Instability

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- Phase I – Immediate Post Surgical Phase (Week 0-2)
- Will typically delay formal therapy approximately 2 weeks depending on surgical factors
  - Goals
    - Maintain integrity of repair
    - Decrease pain and inflammation
    - Prevent muscular inhibition
  - Cryotherapy for pain/inflammation
    - Ice 15-20 minutes every hour
  - Sling
    - Worn at all times except bathing
    - Abduction pillow that includes external rotation
    - Must sleep in sling
  - Precautions
    - No lifting
    - No supporting body weight with hands/arms
    - No sudden, jerking movements
- Phase II – Protection Phase (Week 2-6)
  - Goals
    - Allow healing of soft tissue
    - Do not overstress healing tissue
    - Gradually improve PROM
    - Re-establish dynamic shoulder stability
    - Decrease pain and inflammation
  - Week 2-4
    - Continue use of ice as needed
    - May use heat prior to ROM exercises
    - ROM
      - Flexion to 90 degrees
      - ER to 45 degrees
      - IR to 15-20 degrees at 30 degrees abduction

- Rate of progression based on evaluation of patient
    - Isometrics and rhythmic stabilizations
    - Continue use of sling with pillow until end of week 4 (Dr. Hess discretion)
      - Continue sling alone until end of week 6
    - Initiate AAROM and stretching exercises (supine with therapist supporting arm)
      - Gradually work into abduction
  - Week 4-6
    - May use heat prior to exercises
    - ROM
      - Flexion to tolerance
      - ER as tolerated
      - IR to 35-45 degrees at 45 degrees abduction
      - Abduction to tolerance
    - Continue AAROM and stretching exercises
    - Gentle capsular self stretches
- Phase III – Intermediate Phase (Week 7-14)
  - Goals
    - Full AROM (Week 8-10)
    - Restore/Maintain full PROM
    - Dynamic shoulder stability
    - Improve neuromuscular control
  - Continue stretching and PROM as needed to maintain ROM
  - Continue dynamic stabilization
  - Continue above exercises
    - Flexion to tolerance
    - ER/IR to tolerance
    - Abduction to tolerance
  - Isotonic strengthening
  - Progress ROM to functional demands (i.e. Overhead athlete)
- Phase IV –Strengthening Phase (Week 14-24)
  - Goals
    - Maintain full ROM
    - Enhance functional use of limb
    - Improve shoulder strength and power
    - Gradual return to functional activities
  - Criteria to progress to Phase IV
    - Full, non-painful ROM
    - Satisfactory stability

- Satisfactory muscle strength
    - Minimal pain/tenderness
  - Initiate Return to Throwing program in overhead athletes
  - Continue capsular stretching exercises
  - Light plyometrics
  - Begin return to sport programs (about week 20)
- Phase V –Return to Activity Phase (Week 24+)
  - Goals
    - Gradual return to strenuous work activities
    - Gradual return to sports activities
  - Criteria to progress to Phase V
    - Full functional ROM
    - Satisfactory shoulder stability
    - No pain/tenderness
  - Gradually progress sport activities to unrestricted participation