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Shoulder Posterior Labral Repair Rehabilitation Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks)	<ul style="list-style-type: none"> Ultra-sling in neutral rotation for 5 weeks 	<ul style="list-style-type: none"> Codman exercises, elbow and wrist A/PROM NO IR for 6 weeks Passive flexion to 120 deg, ABD to 90 deg 	<ul style="list-style-type: none"> Strength <ul style="list-style-type: none"> Wrist and gripping exercises
Phase 2 (3-4 weeks)	<ul style="list-style-type: none"> Ultra-sling in neutral rotation for 5 weeks 	<ul style="list-style-type: none"> Passive and gentle active assisted ROM with adducted arm NO Internal rotation x 6 weeks Passive ABD to 100 deg, passive flexion to 120 deg 	<ul style="list-style-type: none"> When 140 degrees of active forward elevation is obtained (usually at 4 weeks) start rotator cuff strengthening in plane of scapula This includes internal – external strengthening with arm at low abduction angles (less than 30 degrees), only under full supervision Avoid posterior capsular stress
Phase 3 (5-6 weeks)	<ul style="list-style-type: none"> Ultra-sling in neutral rotation for 5 weeks 	<ul style="list-style-type: none"> Limit IR to neutral, abduction to 160 degrees, flexion to 160 degrees Shrugs Horizontal abduction exercises Open-can exercises Begin full AROM 	<ul style="list-style-type: none"> Strength <ul style="list-style-type: none"> Deltoid isometric exercises at less than 30 deg ABD Thera-bands with elbow at patients side
Phase 4 (7-12 weeks)	<ul style="list-style-type: none"> D/C ultra-sling 	<ul style="list-style-type: none"> Restore terminal external rotation. May increase abduction angle to 90 degrees to work on ER and IR in 90 degrees abduction Restore full ROM in all planes 	<ul style="list-style-type: none"> Strength <ul style="list-style-type: none"> Plyometric exercises Sport-specific motion using pulley, wand, or manual resistance Begin proprioceptive training and feedback Okay for overhead activity week 10 No lifting >5 pounds until week 10, then progress as tolerated with PT

Phase 5 (13-16 weeks)	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • Full A/PROM • Advance lifting with PT and advance overhead use as tolerated 	<ul style="list-style-type: none"> • Strength • Eliminate strength deficits and maintain flexibility • Isokinetics and Conventional weight-training • Sport-specific • Orient for return to sport • Continue with endurance activities • May start throwing and racquet program near 15-16 weeks
Phase 6 (>16 weeks)	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • Full A/PROM 	<ul style="list-style-type: none"> • Isokinetic testing • Return to full contact only when abduction and ER strength are symmetrical to non-operative side • Return to non-contact play between 4-5 months <ul style="list-style-type: none"> ○ 5-6 months for contact sports