



## TJ Ridley, MD

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### Shoulder Posterior Labral Repair Rehabilitation Protocol

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

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