

PT Protocol Posterior Labral Repair

PHASE I (0-6 WEEKS)

Period of protection: *In general, sling should be worn at all times during this phase (except for hygiene and PT).*

Weeks 0-3: No formal PT

- Shoulder immobilizer should be worn at all times (except for hygiene and pendulums).
- Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).

Weeks 3-6: Begin formal PT (2-3 x/week)

- Sling at all times (except for hygiene and PT).
- ROM: Restrict motion to 90 deg FF / IR to the stomach / ER as tolerated with arm at side. **No cross-body adduction.**
 - Progress PROM → AAROM → AROM as tolerated within the above limits
 - Heat before, ice after.
- Strengthening: Cuff/periscapular/deltoid isometrics in sling, within above motion limits.

PHASE II (6-12 WEEKS)

Advance active motion and strengthening.

- D/C sling if cleared by MD
- ROM: Progress active ROM to within 20 degrees of opposite side; avoid aggressive passive stretching in forward flexion, cross-body adduction and IR.
- Strengthening:
 - Progress cuff/deltoid and periscapular strengthening: isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/week to avoid cuff tendonitis*)
 - Modalities as per PT discretion

PHASE III (3-12 MONTHS)

Progress to sport/occupation-specific rehab.

- ROM: Passive stretching at end ranges if full motion not yet achieved, as tolerated.
- Strengthening/Activities:
 - Continue bands/light weights as above, 3x/week.
 - Begin eccentrically resisted motions, plyotoss, body blade, and progress to sport-specific/job-specific exercises by 4 months.

- **Throwers:**
 - @ 4.5 months, may begin light-tossing if full-strength and motion.
 - @ 6 months throw from the pitcher's mound and/or return to collision sports (hockey, football, etc.).
- **Work:**
 - Overhead work without lifting is usually possible @ 4.5-6 months.
 - Can resume heavy labor once full-strength achieved (usually 6-9 months).