

## Posterior Labral Repair

### Dr. Erickson

Time Frame	Treatment
Phase I (0-3 weeks after surgery)	<ul style="list-style-type: none"> <li>• Precautions:               <ul style="list-style-type: none"> <li>○ Sling for 6 weeks continuously except for rehab and hygiene care, then can wean from use.</li> <li>○ No shoulder internal rotation past neutral for 6 weeks after surgery.</li> <li>○ No lifting or supporting body weight with hands</li> </ul> </li> <li>• Suggested Exercise:               <ul style="list-style-type: none"> <li>○ Elbow, wrist, neck AROM</li> <li>○ Ball squeezes</li> <li>○ Shoulder shrugs/ scapular squeezes</li> <li>○ May begin Codman's at 2 weeks</li> </ul> </li> </ul>
Phase II (3-8 weeks after surgery)	<ul style="list-style-type: none"> <li>• Precautions:               <ul style="list-style-type: none"> <li>○ Sling for 6 weeks continuously except for rehab and hygiene care, then can wean from use</li> <li>○ No shoulder internal rotation past neutral for 6 weeks after surgery</li> <li>○ No lifting or supporting body weight with hands</li> </ul> </li> <li>• Suggested Exercise:               <ul style="list-style-type: none"> <li>○ Active assist and active ROM in all cardinal planes starting at 3 weeks post op</li> <li>○ Scapular strengthening and dynamic control</li> <li>○ Rotator cuff strengthening in non-provocative positions (0 -45 degrees of abduction)</li> </ul> </li> </ul>
Phase III (8-12 weeks)	<ul style="list-style-type: none"> <li>• Precautions:               <ul style="list-style-type: none"> <li>○ Avoid posterior pain with all activities</li> <li>○ No restrictions on internal rotation, but should be normalized to other side gradually through active ROM with appropriate joint stability and positioning</li> </ul> </li> <li>• Suggested Exercise:               <ul style="list-style-type: none"> <li>○ Progress PROM and AAROM to full ROM</li> <li>○ Light resistance strengthening</li> </ul> </li> </ul>
Phase IV (12-24 weeks after surgery)	<ul style="list-style-type: none"> <li>• Precautions:               <ul style="list-style-type: none"> <li>○ Progress gradually into provocative exercises beginning with low velocity</li> <li>○ Progress gradually into closed chain exercises focusing on ability to control posterior forces</li> </ul> </li> <li>• Suggested Exercise:               <ul style="list-style-type: none"> <li>○ Gradual progression of strengthening exercises</li> <li>○ Progress into desired functional activities and sport specific activities</li> </ul> </li> </ul>