



## REHABILITATION GUIDELINES

### **POSTERIOR SHOULDER LABRAL REPAIR**

**Edward S. Chang, MD**  
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#### **OFFICE LOCATIONS**

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#### **CLINICAL NURSE**

Eileen Perri, BSN  
(703) 797-6918

The rehabilitation guidelines are presented in a criterion based progression program. General time frames are given for reference to the average, but individual patients will progress at different rates depending on their age, associated injuries, pre-injury health status, rehab compliance, tissue quality and injury severity. Specific time frames, restrictions and precautions may also be given to protect healing tissues and the surgical repair/reconstruction.

#### **INDIVIDUAL CONSIDERATIONS:**

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#### **PHASE I (0-6 weeks)**

##### **Goals**

1. Control inflammation and pain
2. Use cryocuff 3-4 times per day

##### **Sling**

Wear ER brace continuously (including sleep and showering) for 6 weeks

##### **Therapeutic Exercises**

1. PROM/AROM of elbow and wrist only
2. Ball squeezes
3. PROM in scapular plane to 45 degrees only

#### **PHASE II (6-8 weeks)**

##### **Goals**

Full, painless PROM in forward flexion and external rotation

##### **Sling**

1. The ER brace may be removed at 6 weeks
2. Simple sling for comfort only



Join the future of health

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**Therapeutic Exercises**

1. PROM
  - a. Full passive forward flexion in the scapular plane
  - b. Full external rotation at the side and in abduction
  - c. Internal rotation to posterior belt line

**PHASE III (8-12 weeks)**

**Criteria**

Full passive external rotation and forward flexion in scapular plane

**Goals**

1. Achieve full, painless PROM and AROM
2. Begin gentle strengthening at 10 weeks

**Therapeutic Exercise**

1. AROM in all planes
2. Maintain PROM in FF and ER
3. Progress with passive IR to full
4. Glenohumeral joint and scapular mobilization to regain full motion
5. Gentle stretching to regain full motion
6. May begin gentle strengthening at 10 weeks
  - a. Biceps curls
  - b. Triceps extensions
  - c. Lat pull-downs
  - d. Seated row
  - e. Shoulder shrug
  - f. No push-ups or bench press!!!

**PHASE IV (12-16 weeks)**

**Criteria**

Full, painless PROM and AROM

**Goals**

- Maintain full PROM and AROM
- Optimize neuromuscular control
- Progress with strengthening

**Therapeutic Exercises**

- Continue strengthening as above
- Increase weight as tolerated
- ER/IR strengthening with sports band (Theraband)



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**PHASE V (4 months+): strengthening and RTP**

**Criteria**

Full, painless PROM and AROM in all planes

**Goals**

1. Maintain full PROM and AROM
2. Progress with strengthening
3. Return to sports at 5 months
4. Begin weight lifting, avoiding stress to posterior capsule

**Therapeutic Exercises**

1. Continue with passive stretching as needed to maintain full PROM
2. Progress with strengthening
3. May begin incline bench pressing with wide grip (low weight, high repetitions)
4. Avoid standard bench pressing and push-ups for at least 6 months post-op

**Return to Sports: symmetric ROM , strength 90% contralateral side**