

ARTHROSCOPIC POSTERIOR LABRAL REPAIR (STABILIZATION) REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-6 weeks	<p>0-6 weeks: None</p> <p>6-weeks: begin PROM</p> <p>Limit flexion to 90°, NO internal rotation past neutral, extension to 20°</p>	<p>0-4 weeks: Immobilized at all times day and night</p> <p>Off for hygiene and gentle exercise only</p> <p>4-6 weeks: Worn daytime only</p>	<p>0-3 weeks: elbow/wrist ROM, grip strengthening at home only</p> <p>2-6 weeks: Grip Strength, Elbow/Wrist/Hand ROM</p> <p>Do NOT perform Codmans</p> <p>Begin Deltoid/Cuff Isometrics</p> <p>Avoid stretch of posterior capsule</p>
PHASE II 6-12 weeks	<p>Begin active/active assistive ROM, PROM to tolerance</p> <p>NO posterior capsular stretching or cross body reach.</p> <p>Goals: Full extension rotation, 145 flexion by 9 week, 120° abduction,</p>	None	<p>Advance to AAROM and AROM (Limit FF to 140°, no posterior capsular stretching)</p> <p>Begin with gravity eliminated motion (supine) and progress. Do not force ROM with substitution patterns.</p> <p>Continue Isometric exercises</p> <p>Progress deltoid isometrics</p> <p>ER/IR (submaximal) with arm at side</p> <p>Begin strengthening scapular stabilizers</p> <p>All strengthening exercises below horizontal</p>
PHASE III 3-5 months	<p>Continue gradual return to full AROM.</p> <p>NO aggressive posterior capsular stretching or cross body reach.</p>	None	<p>Initiate when pain-free symmetric AROM.</p> <p>Progress as tolerated</p> <p>Only do strengthening 3x/week to avoid rotator cuff tendonitis</p> <p>Restore scapulohumeral rhythm.</p> <p>Joint mobilization.</p> <p>Aggressive scapular stabilization and eccentric strengthening program.</p> <p>Initiate isotonic shoulder strengthening exercises including: side lying ER, prone arm raises at 0, 90, 120 degrees, elevation in the plane of the scapula with IR and ER, lat pulldown close grip, and prone ER.</p> <p>No Bench Press.</p> <p>Dynamic stabilization WB and NWB.</p>
PHASE IV 5-7 months	Full and pain-free	None	<p>PRE's for all upper quarter musculature (begin to integrate upper extremity patterns). Continue to emphasize eccentrics and glenohumeral stabilization.</p> <p>All PRE's are below the horizontal plane for non-throwers.</p> <p>Advanced functional exercises.</p> <p>Isokinetic test.</p> <p>Functional test assessment.</p> <p>Full return to sporting activities.</p>

*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II **Limited return to sports activities