



# Kansas City Orthopedic Alliance

**H. Scott Ellsworth, MD**

## **Rehabilitation Protocol: Arthroscopic Posterior Labral Repair**

### **Phase I (1-6 weeks): Protect the Repair/Prevent Stiffness**

- Sling/brace should be in place when not performing exercises
- Initiate exercise program 3 times per day
  - Immediate elbow, forearm, and hand ROM out of sling
  - Passive and active assisted ER at the side to 60 degrees, scapular plane abduction to 90 degrees, flexion to 90 degrees only
- May start active scapular mobility exercises at 3-4 weeks
  - Must keep the shoulder musculature relaxed
- AVOID IR ROM and flexion >90 degrees

### **Phase II (6-10 weeks): Progress ROM and Protect Repair**

- May discontinue sling/brace
- Lifting restriction of 5 lbs with the involved extremity
- Advance active and passive ROM
  - ER at the side and scapular plane elevation to tolerance
  - Flexion to tolerance
    - Should be in externally rotated position
  - Extension to tolerance
  - IR from abducted position to 30 degrees
- Initiate gentle rotator cuff strengthening
- Continue scapular stabilizer strengthening
- AVOID IR in abducted position >30 degrees and cross body shoulder motion

### **Phase III (10+ weeks): Full Function**

- Begin combined full flexion and IR from abducted position
- Discontinue lifting restrictions
- Advance rotator cuff and scapular stabilizer strengthening
- Initiate functional progression to sport specific activities in 4 months