

# Posterior Labral Repair

Name: \_\_\_\_\_  
 Dr: Doan

DOB: \_\_\_\_\_  
 DOS: \_\_\_\_\_

**Passive ROM RESTRICTIONS**

**FE:** 0-120 x 6 wks

**ER:** 0-30 x 3 wk  
0-60 x 3 wks then FROM

**IR:** none x 6 wks

**ABD:** 0-90 x 3 wks then FROM

**Begin full AROM**

6 weeks

**Sling**

6 weeks

**No posterior loading x 6 wks**

ROM & Muscle Initiation	1-2	3-4	5-6	7	8+	9-13+	14-19+	20-25+	26+
Scapular retraction - depression									
Cervical, elbow, wrist & hand ROM									
Pendulums									
Passive ROM: A) Ext rotation & internal rotation to belt B) Forward elevation & scaption C) Abduction									
Active assist ROM: A) External & internal rotation B) Forward elevation & scaption									
Isometrics A) External & internal rotation B) Biceps & triceps									
Active ROM A) Sidelying external rotation B) Forward elevation & scaption C) Salutes (lawn chair progression) D) Prone extension & horizontal abd G) Open chain proprioception									
Low load prolonged stretches: A) Towel internal rotation B) Cross arm C) Sleeper D) 90/90 external rotation									
<b>Progress to Endurance: 6+ wks &amp; PROM FE 120, Abd 90, Ext Rot 30, Q DASH &lt;60%,</b>									
<b>Muscular Endurance 3 x 15, 45s rest</b>						9-13+			
External & internal rotation									
Punches with a plus									
Sport cord rows									
Prone lower trap									
Bicep curls / tricep extension									
Closed chain stability									
<b>Progress to Strength: 12+ wks &amp; AROM FE 120, Abd 120, Ext Rot 45, Q DASH &lt;45%</b>									
<b>Muscular Strength 3 x 10 120s rest</b>							14-19+		
External rotation at 45° & 90°									
Bear hugs									
Statue of liberty									
Push up plus progression									
<b>Progress to Power: 18+ wk + strength &gt;80% contralateral: Full can, Abd, Belly press, ER@0, IR@0, QDASH &lt;20%</b>									
<b>Muscular Power 3 x 6, 180s rest</b>								20-25+	
Advanced closed chain stability									
PNF with resistance									
Decelerations & Plyometric ext rotation									
<b>Progress to High Level: 24+ wks + strength &gt;90% contralateral side (motions as above), CKQUEST &gt;21 / 15s</b>									
<b>High Level Activities</b>								20-25+	26+
Skiing									
Overhead & serving sports									
Throwing progression									