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**REHAB PROTOCOL: ARTHROSCOPIC POSTERIOR LABRAL REPAIR**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Phase I (Protection phase): Weeks 1-6**

**Precautions:**

AVOID lifting objects with operative arm

AVOID provocative position: adduction and IR of operative shoulder, abduction more than 90 degrees and FE more than 90; No cross body adduction

Follow the ROM restrictions with no end range passive stretching

NO Upper Body Ergometer, Handweights, Body Blade or Therabands +

**Immobilization**

Sling for 4 weeks

Wear sling at all times including night except when doing therapy, shower, or changing

**Exercises guidelines**

- PROM to start 2 weeks after surgery
- Restrict motion to 90deg PFE, 20deg PER at side, 45deg PIR for first 6 weeks
- Scapular exercises: Scapular elevation, depression, protraction and retraction
- Hand and wrist: AROM exercises
- Elbow: Avoid active ROM of elbow if biceps tenodesis was performed
- Submaximal isometrics for rotator cuff in sling
- Codman's and anterior capsule mobilization may begin at 3 weeks

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## **Phase II (Active range of motion) Weeks 6-12**

### **Precautions:**

Avoid lifting objects with operative arm

AVOID provocative position: adduction and IR of operative shoulder, No cross body adduction

NO end range stretching

Avoid activities that place a lot of stress on capsulolabral structures: Push ups, military press, pec flys, bench press, boxing, bench press

### **Exercises guidelines**

- Discontinue sling at 4 weeks
- Start AROM and increase PROM
- Restrict passive motion to 150deg PFF/ 45deg PER at side /mild abd by 8 weeks and advance to full motion by 12 weeks
- Restrict active motion to 110deg by 8 weeks and 150deg by 10 weeks and **full active ROM by 12 weeks**
- Strengthening (isometrics/light bands) within AROM limitations and arm at side initially and slowly advance to horizontal abduction exercises (**Starting Week 8:** Begin resistive exercises for Rotator Cuff/Scapular Stabilizers/Biceps and Triceps (keep all strengthening exercises below the horizontal plane during this phase – utilize exercise arcs that protect the posterior capsule from stress)
- Strengthening scapular stabilizers (Latissimus dorsi, Trapezius, Rhomboids)

## **Phase III (Advanced Strengthening phase) 3 months and beyond**

### **Precautions**

Prevent reinjury

Advance slowly with this phase

Avoid contact sports till 6 months

### **Exercise Guidelines**

- Full AROM, end range stretching
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics, proprioception and closed chain exercises at 12 weeks.
- Begin sports related rehab at 4 months, including advanced conditioning
- Interval sports program at 4 months (return to golf, tennis, basketball, volleyball)
- Return to throwing at 4 months



- Throw from pitcher's mound at 6 months

### **Modalities**

Heat and Ice

Ultrasound

Iontophoresis

Phonophoresis

Therapists' discretion

TENS

Trigger point massage

### **Evaluation and others**

Teach home exercise program

### **Comments:**

**Frequency:**   2   times per week

**Duration:**   12   weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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