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Post-Operative Rehabilitation: Posterior Labral Repair

Phase 1 Physical Therapy (0-6 weeks)

- Sling in Gunslinger x 4 weeks
- Pendulums
- Gradually improve ROM
 - Flexion to 145 degrees
 - ER at neutral and 45 degrees abduction: 40-45 degrees
 - **No IR for 6 weeks**
 - Initiate exercise tubing ER (arm at side)
 - Scapular strengthening
- Soft tissue mobilization, isometric exercises, core strengthening

Phase 2 Physical Therapy (6-12 weeks)

- Progress to full active ROM as tolerated
 - Initiate IR at 45 degrees abduction
 - Initiate ER/IR at 90 degrees abduction at week 8
 - ER at 90 degrees abduction: 70-80 degrees at week 8
 - ER to 90 degrees at weeks 9-10
 - IR at 90 degrees abduction: 60-65 degrees
- Continue to progress isotonic strengthening program
- Begin PNF strengthening

Phase 3 Physical Therapy (12-18 weeks)

- Initiate closed-chain and core strengthening
- Continue proprioceptive training
- Focus on functional exercises in all planes, advance only when fully controlled
- Progress ER to Throwers Motion
 - ER at 90 degrees abduction: 110-115 in throwers
- Improve muscular strength, power and endurance
- Gradually initiate functional activities

Phase 4 Physical Therapy (18-24 weeks)

- Restricted sport activities (light swimming, half golf swings)
- Initiate interval sport program (throwing, etc)



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Phase 5 Physical Therapy (24+ weeks)

- Advance closed-chain and core strengthening
- Sport-specific drills as tolerated