

Rehabilitation Guidelines for Posterior Labral Repair

Weeks 0-4
<ul style="list-style-type: none">• Abduction or External Brace x4 weeks• Grip Strength, Elbow/Wrist/Hand ROM• Codmans Exercises
Weeks 4-6
<ul style="list-style-type: none">• Discontinue brace at 4 weeks unless otherwise indicated• Begin Passive→AAROM → AROM• Restrict FF to 90°, ER at side to tolerance• IR to stomach., No cross body adduction• No Manipulations per therapist• Begin Isometric exercises with arm at side• Deltoid/Scapular• ER/IR (submaximal) with arm at side• Begin strengthening scapular stabilizers
Weeks 6-12
<ul style="list-style-type: none">• Increase ROM to within 20° of opposite side. No manipulations per Therapist. Encourage patient to work on ROM daily.• Cont. Isometrics• Once FF to 140°, Advance strengthening as tolerated: isometrics — bands à light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers.• Only do strengthening 3times/wk to avoid rotator cuff tendonitis• Closed chain exercises.
Months 3-12
<ul style="list-style-type: none">• Advance to full painless ROM• Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain at 12 weeks.• Begin sports related rehab at 3 months, including advanced conditioning• Return to throwing at 4 ½ months• Throw from pitcher's mound at 6 months• MMI is usually at 12 months