



Armando F. Vidal, MD
Complex Knee, Shoulder and
Sports Medicine

Shoulder Posterior Labrum Repair Protocol

0-2 Weeks Post Op

- Arm in sling/immobilizer for 4 weeks
- Modalities as needed
- Pendulum exercises
- PROM with ATC or PT no shoulder pulleys
**Flexion to 90°, Abduction to 90°, Internal Rotation to 10° in scapular plane,
External Rotation to 30°, And Extension to neutral**
- Isometric strengthening and ROM of the hand, wrist, and elbow

2 Weeks Post Op

- Continue sling until 4 weeks post-op
- Avoid all active ROM exercises
- Advance PROM to: may use shoulder pulleys if tolerated, protect posterior capsule
**Flexion to 110°, Abduction to 100°, Extension to neutral,
Internal Rotation to 30° in plane of scapula, And External
Rotation to 50° in plane of scapula**
- Wall walks

3 Weeks Post-Op

- Begin AAROM without restriction

4 Weeks Post Op

- Discontinue sling/immobilizer
- No IR or ER resistance exercises
- Periscapular isometrics
- Full PROM/AAROM
- Progress from AAROM to AROM as tolerated:
 - Quality movement only, **avoid forcing** active motion with substitution patterns.
 - Remember the effects of gravity on the limb, do gravity eliminated motions first ie. Supine flexion.
- Deltoid isometrics.
- Lightly resisted **elbow** flexion

6 Weeks Post Op

- Advance ROM to full as tolerated, do not crank on IR but progress it as tolerated,
- Begin standing isotonic RC exercises with arm in neutral, below 90°
- Continue periscapular isometrics



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- Joint mobilization

10 Weeks Post Op

- Advance Rotator cuff strengthening to 8-10lbs on all motions
- Advance proprioception ex's as tolerated

12 Weeks Post Op

- Add Eccentric ex's to posterior cuff with T-band in standing simulating follow through in throwing or sidelying ER
- Full ROM isokinetics
- May begin conventional weight lifting using machines and progressing to free weights if desired as tolerated

14 Weeks Post Op

- Begin light tennis ball tossing at 20-30ft. max at 60% velocity, work on mechanics of wind up, early cocking phase, late cocking phase, acceleration, and follow through

16-24 Weeks Post Op

- Throwers must pass strength test to begin throwing
- Retest monthly till strength test passed
- Continue with maintenance strengthening

Return to Sport/Activity

- When cleared by physician
- Pass strength test
- Throwers complete throwing program
- No pain with all desired level of activities