Dx: ☐ Right ☐ Left

Patient Name: _____

Date of Surgery: _____

PT/OT: Evaluate and treat. Follow the following protocol.

Signature/Date: _____

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Posterior Labral Repair Rehab

GENERAL GUIDELINES

- Use the cryotherapy cuff continuously for the first 72 hours, then as-needed thereafter.
    - Ensure that the cuff never contacts the skin directly.
    - Apply to the shoulder after performing rehabilitation exercises for first **12 weeks.**
    - If no cryotherapy cuff is provided, use a bag of ice for 20 minutes each hour while awake, separating the bag of ice from skin with a cloth or T-shirt.
- Remove the bandage 72 hours after surgery, but leave the white steri-strips on the skin if present.
- Apply fresh gauze pad or band-aid for the first week after surgery.
- You may shower and get incisions wet after the first postoperative visit with your surgeon.
- **DO NOT** submerge the shoulder under water for 4 weeks.
- The sling is used for both comfort and to protect the repair.
- Wear the sling for the first 4 weeks, removing it for exercises and showers.
- Wear the sling when out of the house for the first 6 weeks
- Schedule a follow-up appointment for 10-14 days after surgery.

PHASE I : Begins immediately post-op through the first postoperative visit (2 weeks)

Goals:
- Protect the shoulder and minimize inflammation
- Ensure skin healing
- Initiate early range of motion

Sling:
- Wear the sling full-time, removing only for shower and exercises
- May type or write in the sling.
- No holding or carrying anything heavier than a pen/pencil

Therapeutic Exercises (remove sling to perform 2 times per day):
- *Pendulums*. Start the day after surgery. Bend over at the waist and let the arm swing freely. Use your body to generate momentum for the arm to swing rather than using the muscles of the operated shoulder/arm. These should also be performed in the shower and is the safest position to wash under the armpit.
- *External rotation stretching.* Use the uninvolved arm to passively rotate the hand/arm on the surgical side to the outside (away from the belly). No reaching behind your back/internal rotation.

PHASE II: Begins 2 weeks postoperatively and extends to 4 weeks postoperatively

Goals:
- Protect the shoulder and the repair
- Regain shoulder motion

Sling:
- Wear the sling full-time, removing only for shower and exercises
- May type or write in the sling.
- No holding/carrying anything heavier than a pen/pencil

Therapeutic Exercises (3 times per day):
- All exercises from phase I
- *Wall-climb and/or pulley assisted elevation in scapular plane* (limit 120 degrees)
- *Scapular retractions*
- *NO internal rotation or adduction*

PHASE III: Begins 4 weeks postoperatively and extends to 8 weeks postoperatively

Goals:
- Protect the repair
- improve range of motion
- Progress to active range of motion while minimizing inflammation

Sling:
- Discontinue the sling at home after 4 weeks
- Wear the sling outside of the home for the first 6 weeks

Activities:
- No lifting or carrying anything heavier than a cup of coffee or can of soda

Therapeutic Exercises (2 times per day):
- All exercises from Phase II daily
- *Wall-climb and/or pulley assisted elevation in scapular plane* (limit 160 degrees)
- *Supported active shoulder external rotation*
- Active prone elevations (forward, scapular-plane, lateral/abduction, extension)

PHASE IV: Begins 8 weeks postoperatively and extends to 12 weeks postoperatively

Goals:
- Protect the repair/Maximize range of motion
- Initiate active range of motion while minimizing inflammation

Activities:
- No lifting or carrying anything heavier than 5 lbs

Therapeutic Exercises (2 times per day):

- All exercises from Phase III daily
- *Wall-climb and/or pulley assisted elevation in scapular plane*
- *Cross-body stretch*
- *Hands-behind-head stretch*
- *Theraband* strengthening in all planes

PHASE V : Begins 12 weeks postoperatively until 18 weeks postoperatively

Criteria for advancement to Phase IV:
- Full, painless range of motion

Activities:
- No holding or carrying anything heavier than 5 pounds
- No lifting anything heavier than 1 pound away from your body

Goals:
- progress early functional strengthening
- Protect the repair

Therapeutic Exercises (stretching every day, strengthening every other day):
- All exercises from Phase IV
- Stretching in all planes
- Progressive theraband strengthening
- Initiate weight training with shoulders in adduction (no presses)
- Rows, biceps, triceps

PHASE VI : Begins 18 weeks postoperatively

Goals:
- Maximize functional strength

Therapeutic Exercises:
- All exercises from Phase V
- progressive dynamic strengthening

RETURN TO SPORT

Requires clearance from physician
Sport training/practice once shoulder at 90% of uninvolved side
- Start with 'walk-through' at < 1% of maximum effort
- Increase 10% effort each session as tolerated

Goal of return to full participation in contact sports at 7 months

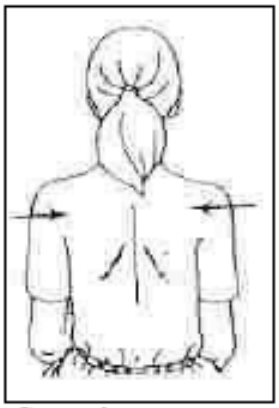
Selected Exercise Diagrams (Phase 1 and 2)



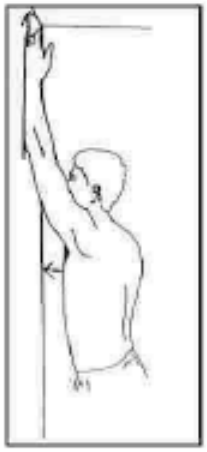
Pendulums



External rotation stretching



Scapular retractions



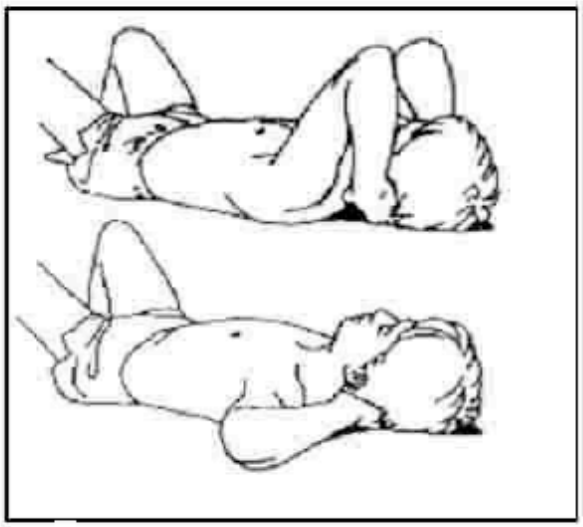
Wall climb

Selected Exercise Diagrams (Phase 3)



Supported active shoulder rotation

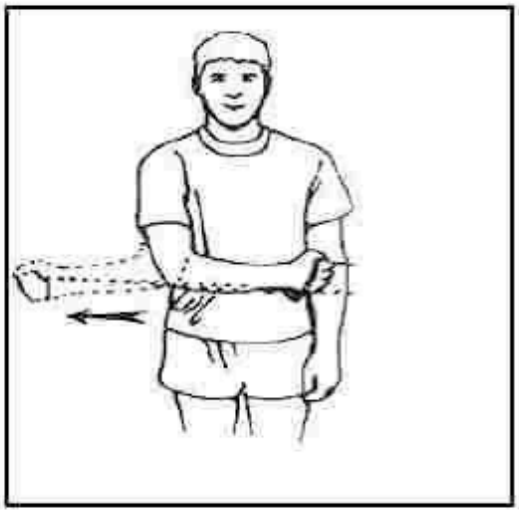
Selected Exercise Diagrams (Phase 4)



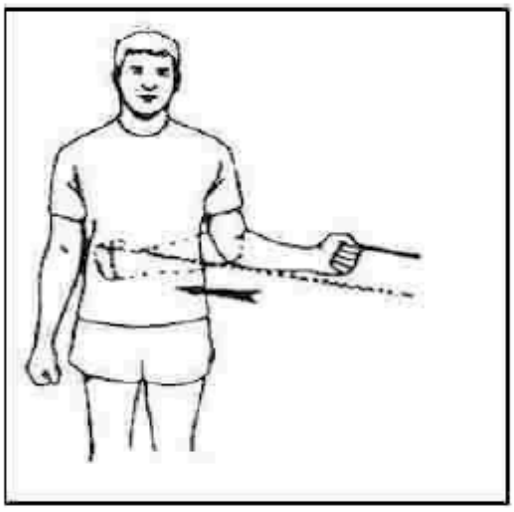
Hands-behind-head stretch
External rotation stretching in abduction/elevation



Cross-body stretching



Theraband external rotation



Theraband internal rotation