



Well Beyond.

Craig A. Yager, M.D.

**Postoperative Therapy Protocol
Shoulder Posterior Labral Repair**

Functional Goals

Phase 1: Immediate Post Surgical Phase

Weeks 0-6: Protect anatomic repair, promote dynamic stability and proprioception, control pain and swelling

Phase 2: Intermediate Phase

Weeks 7-14: Restore full range of motion, preserve integrity of the repair, restore strength and balance

Phase 3: Minimal Protection

Weeks 15-20: Maintain range of motion, improve strength, power, and endurance, begin functional activities

Phase 4: Advanced Strengthening

Week 21 and beyond: Enhance strength, power, and endurance; progress functional activities, maintain mobility, gradual return to sports at 7-9 months

Phase 1: Immediate Post Surgical

Weeks 0-2

Sling should be used at all times, sleep with sling in place

No active external rotation, extension, abduction

Ice 20 minutes per hour for the first 2-3 days, continue as needed afterwards

Gripping exercises as tolerated

PROM and gentle AAROM: flexion to 70° week one, 90° week 2, ER/IR with arm at 30° abduction (ER 45°, IR 5°)

Exercise	Reps/Sets	Frequency	Goal
Pendulums	3 sets of 10 reps	3 times daily, 7 days/week	Increase Shoulder ROM
Active Wrist Flexion & Extension	3 sets of 15 reps	4 times daily, 7 days/week	Increase AROM
Active Hand Flexion & Extension	3 sets of 15 reps	4 times daily, 7 days/week	Increase AROM
Active Elbow Flexion & Extension	3 sets of 15 reps	2 times daily, 7 days/week	Increase AROM
Active Forearm Supination & Pronation	3 sets of 15 reps	2 times daily, 7 days/week	Increase AROM
Active Cervical Spine Motion	3 sets of 15 reps	2 times daily, 7 days/week	Increase Motion

Weeks 3-4

Continue sling use during sleep, may remove during the day at rest; discontinue at 4 weeks

Continue gentle PROM and AAROM exercises from weeks 1-2

Flexion and abduction to 90°

ER/IR at 45° abduction in the scapular plane

ER: 55-60°

IR: 15-20°

Continue isometrics and rhythmic stabilization (submaximal)

Core stabilization program

Initiate scapular strengthening program

Continue ice as needed

Modify exercises as follows with additional exercises per therapist recommendation:

Exercise	Reps/Sets	Goal	Additional Information
Resisted Isometric Wrist Flexion & Extension	3 sets of 15 reps	2 times daily, 7 days/week	Increase Motion & Strength
Resisted Isometric Hand Flexion & Extension	3 sets of 15 reps	2 times daily, 7 days/week	Increase Motion & Strength
Resisted Isometric Elbow Flexion & Extension	3 sets of 15 reps	2 times daily, 7 days/week	Increase Motion & Strength
Resisted Isometric Forearm Supination & Pronation	3 sets of 15 reps	2 times daily, 7 days/week	Increase Motion & Strength

Weeks 5-6

Gradually improve range of motion

Flexion to 145°

ER at 45° abduction: 55-60°

IR at 45° abduction: 45-50°

May initiate stretching exercises

Initiate exercise tubing ER/IR at 0° abduction

Scapular strengthening

Phase 2: Intermediate Phase

Weeks 7-9

Gradually progress ROM

Flexion to 160°

Initiate ER/IR at 90° abduction

ER at 90° abduction: 70-80° at week 7

ER to 90° at weeks 8-9

IR at 90° abduction 70-75°

Continue to progress isotonic strengthening program

Weeks 10-14

May initiate slightly more aggressive strengthening

Continue all stretching exercises

Progress ROM to functional demands

Progress to isotonic strengthening (light and restriction ROM)

Phase 3: Minimal Protection Phase

Weeks 15-18

Continue all stretching exercises including capsular stretches, sleeper stretch
Continue strengthening exercises
 Manual resistance
 Endurance training
 Restricted sport activities (light swimming, half golf swings)
Initiate interval sport program weeks 16-18 as desired

Weeks 18-20

Continue all exercise listed earlier
Progress interval sport program

Criteria to enter Phase 4

Full nonpainful range of motion
Satisfactory static stability
Muscular strength 75-80% of contralateral side
No pain or tenderness

Phase 4: Advanced Strengthening Phase

Weeks 21 and beyond

Enhance muscular strength, power, and endurance
Progress functional activities
Maintain shoulder mobility
Graduate return to sports at 7-9 months

Continue flexibility exercises
Continue isotonic strengthening program
Neuromuscular control drills
Plyometric strengthening
Progress interval sport programs
Continue stretching and strengthening
Gradually progress sport activities to unrestricted participation when full functional range of motion and satisfactory strength and stability are achieved

Watch carefully for redness, excessive swelling, excessive bleeding, discharge, fever or pain not relieved by medication. Call immediately (719) 632-7669 if any of these are noticed.