

**Posterior Labral Repair Postop Protocol**  
**Postoperative Rehabilitation Protocol**  
**Dr. Jeffrey Witty, M.D.**

**General Precautions:**

- Sling with abduction pillow in neutral rotation x 6 weeks.
  - o Only take off for therapy, bath, putting on shirt.
- Leave on for Sleeping x 6 weeks.
- No internal rotation beyond neutral, no horizontal/crossbody adduction, no pushing type motion for at least 4 – 6 weeks.
- Avoid shoulder flexion and internal rotation combined position for 6 weeks
- No pushups or pushing movement till 12 weeks
- Return to activity/sport at approximately 4 – 6 months after appropriate sport specific program
- **External rotation may be limited based off of pathology determined intraoperatively by surgeon.**
  - o If anterior labral/capsule component, progress ER:
    - POW 0 – 2: ER to neutral
    - POW 2 – 4: ER to 10
    - POW 4 – 6: ER to 20
    - POW 6 – 8: ER to 90% of opposite side
    - POW 8 – 12: Progress ER as tolerated

	<b>Weightbearing</b>	<b>Sling</b>	<b>ROM</b>	<b>Exercise</b>
<b>Phase I</b> <b>Week 0 - 2</b>	NWB	Immobilizer at all times when not doing exercises  Arm should be in neutral rotation without. Educate on need to keep arm from internal rotation while in sling.	Active elbow ROM AROM wrist/hand  AROM/AAROM: Scaption (forward flexion in about 40 degrees horizontal abduction) 0 – 90 with arm in neutral (thumbs up) rotation  ER to 10 No Internal Rotation  No passive stretching	Pendulums  Grip strength exercise with shoulder at the side.
<b>Phase II</b> <b>Week 2 - 4</b>	NWB	Immobilizer at all times when not doing exercises	Continue Phase I  AROM/AAROM: Scaption 0 – 110 ER to 30 No internal rotation  No passive stretching	Continue Phase I  Start rotator cuff ER/IR submaximal isometrics in neutral (hand facing forward position) with shoulder at the side

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				<p>Deltoid submaximal isometrics with shoulder at side</p> <p>Start active scapular retraction and shrugs with shoulder at side and in sling.</p> <p>Can start lower extremity strengthening as long as appropriate shoulder precautions are maintained. No running.</p>
<b>Phase III Week 4 - 6</b>	NWB	Immobilizer at all times when not doing exercises	<p>AROM/AAROM:            Scaption 0 – 130            ER to 45            No internal rotation</p> <p>No passive stretching</p>	Continue Phase II
<b>Phase IV Start Week 6 - 8</b>	Progress as comfort allows	Wean out of sling	Progress to full motion all planes allowed after 6 weeks.	<p>Continue Phase III</p> <p>Upper body cycling</p> <p>Progress AROM/AAROM</p>
<b>Phase V Week 8 - 12</b>	WBAT	None	Progressive to full ROM	<p>Continue phase IV</p> <p>Begin PRE: high rep low weight if motion is symmetrical            -Add plyometrics if progressing without pain            - no PRE with arm in flexion + IR</p>

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				- no resistance with shoulder in flexion + IR
<b>Phase VI 12 - 16</b>	WBAT	None	Full ROM	Continue phase V  Add rhythmic stabilization
<b>Phase VII 16 - 26</b>	WBAT	None	Full ROM	Progress strengthening without restrictions  Add sport specific training program  RTP at approximately 6 months (See notes below)

Other Notes:

- Starting a throwing program for overhead athletes ranges between 3 – 6 months.
- Swinging baseball bat, golf club, racket etc allowed earliest at 3 months
- Return to unrestricted activity ranges 6 – 9 months
  - o Overhead athletes (pitchers) may take longer (up to 12 – 16 months)
- Start progression of benchpress type exercise at 4 months

Modalities:

- Ice for swelling, pain
- No nsaid's for 6 weeks

Adapted from:

Tokish et al JBJS 2009  
 Ricchetti et al AJSM 2012  
 Mazzocca et al AJSM 2011  
 Alpert et al Arthroscopy 2008  
 Angelo R, Esch J, Ryu R, *AANA Advanced Arthroscopy – The Shoulder*. 2010  
 Harris et al Clin Sport Med 2013  
 Ward et al Clin Sport Med 2013  
 Provencher et al AJSM 2010  
 Pennington et al Arthroscopy 2011  
 Savoie et al Arthroscopy 2008

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Wilk K, Andrews J. 2004