

POSTERIOR LABRAL REPAIR REHABILITATION

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Instructions: Use your sling for 4 weeks post-op, and then as needed thereafter

Range of motion:

- Begin range of motion immediately progressing to passive to active-assisted to active range of motion.
- Begin with supine range of motion.
- No range of motion restrictions, but avoid rotation in abduction or flexion until three months post-operatively.
- When not performing exercises, patient should wear sling for first four weeks post-operatively, and then the sling can be discontinued.

Strengthening:

- Begin strengthening at six weeks post-operatively progressing from isometrics to bands to weights (limit 5 pounds until six weeks post-operatively) with a focus on the rotator cuff, deltoid, and scapular stabilizers.
- Prioritize restoration of scapular rhythm and tracking.
- At three months begin eccentrics, polymetrics, proprioceptive exercises, and sport-specifics.
- Expected return to competitive play is 4.5-6 months post-operatively.

Please provide with a home exercise program.

Modalities

Heat before and ice after therapy. Other modalities as per therapist.