

Posterior Labral Repair **Physical Therapy Protocol**

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Patient Name: _____

Date of Surgery: _____

Associated Procedures (*checked if applicable*):

- Remplissage
- Osseous Bankart repair: If performed, phase I is 0-6wks

Phase I (0-6 wks): *Period of protection.*

- **Weeks 0-2: No formal PT necessary.**
 - **Sling:** At all times, except for hygiene and home exercise programs.
 - **Home Exercises:** pendulums, elbow and wrist ROM, grip strengthening.
- **Weeks 2-6: Begin formal PT (2-3x/wk)**
 - **Sling:** At all times, except for hygiene and home exercise programs.
 - **ROM:** Restrict motion to 90° FF, ER as tolerated with arm at the side, IR to the stomach. No cross-body adduction.
 - Progress PROM → AAROM → AROM as tolerated within the above limits
 - **Strengthening:** Cuff/periscapular/deltoid isometrics in sling, within above limits.

Phase II (6-12 wks): *Transition to active motion and protected strengthening.*

- **Sling:** Discontinued.
- **ROM:** Progress AROM to within 20° of opposite side. Avoid aggressive passive stretching in forward flexion, cross-body adduction and IR.
- **Strengthening:**
 - Progress cuff/deltoid and periscapular strengthening: isometrics → bands → light weights (1-5lbs) with 8-12 reps x2-3 sets
 - Only perform 3x/week to avoid cuff tendonitis
 - Modalities per PT discretions

Phase III (3-12mo): *Progress to sport-specific/occupation-specific rehab.*

- **ROM:** If ROM lacking, advance to full via gentle passive stretching at end ranges
- **Strengthening:**
 - Continue with bands/light weights 3x/wk



- Begin eccentrically resisted motions, plyometrics (weighted ball toss), proprioception (body blade) and progress to sport-specific/job-specific exercises by 4 months.
- Return to collision sports: @ 6mo
- Throwing:
 - @ 4.5mo: If full strength can return to light tossing
 - @ 6mo: Throwing from pitcher's mound
- Work:
 - Overhead work without lifting is possible @ 4.5-6mo
 - Resume heavy labor once full-strength achieved (usually 6-9mo)