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## Posterior Labral Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<b>Phase 1 (0-2 weeks)</b>  Goals: <ul style="list-style-type: none"><li>● Pain control</li><li>● Hand/elbow function</li><li>● Decrease swelling</li></ul>	Abduction sling at all times for 5 weeks except with rehab  NO posterior loading x 6 weeks	<ul style="list-style-type: none"><li>● Passive ROM restrictions:<ul style="list-style-type: none"><li>- <b>FE</b> 0-120 x 5 weeks</li><li>- <b>ER</b> 0-30 x 3 weeks, then 0-60 x 3 weeks, then FROM</li><li>- <b>Abduction</b> 0-90 x 3 weeks then FROM</li><li>- <b>IR</b> to belly x 3 weeks then FROM</li></ul></li><li>● Cervical, wrist, hand ROM</li></ul> Modalities: <ul style="list-style-type: none"><li>● Ice</li><li>● Compression</li><li>● Edema control</li></ul>	<ul style="list-style-type: none"><li>● Neck, elbow, wrist ROM</li><li>● Scapular retraction and depression</li><li>● Pendulums</li><li>● Passive ROM: ER and IR to belly, FE and scaption, abduction</li></ul>
<b>Phase 2 (2-6 weeks)</b>  Goals: <ul style="list-style-type: none"><li>● Pain control</li><li>● Increase passive ROM</li></ul>	Abduction sling at all times for 5 weeks except with rehab  NO posterior loading x 6 weeks	<ul style="list-style-type: none"><li>● Passive ROM restrictions starting week 4: 60 ER x 3 weeks, full abduction, FE 0-120 elevation, full IR</li></ul> Modalities: <ul style="list-style-type: none"><li>● Gentle Massage</li><li>● Cryotherapy</li></ul>	<ul style="list-style-type: none"><li>● Continue neck, elbow, hand ROM</li><li>● Initiate Pendulums</li><li>● Continue scapular retraction exercises</li><li>● Begin active assist starting week 5: scaption &amp; FE, ER&amp;IR</li></ul>

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<p><b>Phase 3 (7-12 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"><li>• Begin full PROM</li><li>• Progress to AROM</li><li>• (full FE, ABD, ER, IR to belt)</li><li>• Start to work on muscular endurance</li></ul>	<p>Wean out of sling after Week 6</p> <p>5 pound weightbearing restriction</p>	<ul style="list-style-type: none"><li>• Progress to full PROM week 6</li><li>• Active assist and AROM, progress to full</li><li>• Open chain proprioception</li></ul> <p>Manual</p> <ul style="list-style-type: none"><li>• Push to get full PROM</li></ul> <p>Modalities:</p> <ul style="list-style-type: none"><li>• Ice/stim PRN</li></ul>	<ul style="list-style-type: none"><li>• Isometrics: internal and external rotation, biceps and triceps</li><li>• Active ROM: Sidelying ER, FE &amp; scaption, Salutes, prone extension and horizontal abd</li><li>• <u>Starting week 8</u> - Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER</li><li>• Endurance <u>starting week 8</u>: IR and ER, theraband rows, bicep curls/tricep extension, prone lower trap</li><li>• <u>Starting week 9</u>: endurance exercises, ER/IR, punches with a plus, sport cord rows, prone lower trap, bicep curls/tricep ext, closed chain stability</li></ul>
<p><b>Phase 4 (13-20 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"><li>• Maintain full AROM and PROM</li><li>• Muscular strength</li></ul>	<p>Progress from 5 pound restriction</p>	<p>Full A/PROM</p>	<ul style="list-style-type: none"><li>• External rotation strengthening at 45 and 90 degrees</li><li>• Bear hugs</li><li>• Statue of liberty</li><li>• Push-up plus progression</li><li>• <u>Starting week 18</u>: advanced closed chain stability, decelerations and plyometric external rotation</li></ul>

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<p><b>Phase 5 (20+ weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"><li>● Match strength to contralateral side</li><li>● Increase muscular power</li></ul>	<p>Restrictions lifted</p>	<ul style="list-style-type: none"><li>● Continue Full A/PROM</li><li>●</li></ul>	<ul style="list-style-type: none"><li>● PNF exercises with resistance</li><li>● Decelerations and plyometric external rotation</li><li>● <u>24 weeks</u> - Progress to sport-specific and overhead activities</li></ul> <p>Progress to contact sports</p>
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