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## Posterior Labral Repair Physical Therapy Protocol

### Phase I: Protection (Weeks 0 to 6)

#### Goals

- Allow healing of sutured capsule
- Initiate early protection range of motion
- Retard muscular atrophy
- Decrease pain and inflammation

#### Brace

- Discontinue use after four weeks (unless otherwise advised by Dr. Kendall)
- Sleep in immobilizer for four weeks

### Weeks 0 to 4

#### Range of Motion

- **Week 1**
  - Flexion: 90 degrees
  - External rotation: 25 to 30 degrees
  - Internal rotation: 0 degrees
- **Week 3**
  - Internal rotation: 15 degrees
- **Week 4**
  - Flexion to tolerance
  - External rotation: 45 to 60 degrees
  - Internal rotation: 35 degrees
  - Abduction: 90 degrees

#### Exercises

- Elbow/wrist/hand exercises
  - Passive and gentle active assistive range of motion exercises per guidelines above
- Submaximal isometrics for shoulder musculature
- Cryotherapy and modalities for pain and inflammation every hour for 20 minutes

### Weeks 4 to 6

#### Range of Motion

- **Week 6**
  - External rotation to tolerance
  - Internal rotation: 60 degrees
  - Abduction to tolerance

#### Exercises

- Continue passive and gentle active assistive range of motion exercises per guidelines above
- Continue submaximal isometrics
- Wand active assisted exercises
- Initiate pulleys (adhere to range of motion guidelines)

- Gentle joint mobilizations (avoid posterior glides)
- Side lying external rotation/abduction
- Continue cryotherapy for pain management

## **Phase II: Intermediate (Weeks 7 to 12)**

### **Goals**

- Full, non-painful range of motion by week eight (except internal rotation)
- Normalize arthrokinematics
- Increase strength
- Improve neuromuscular control

### **Weeks 7 to 9**

#### **Range of Motion**

- Restore full range of motion at week eight

#### **Exercises**

- Gradually progress range of motion per the guidelines above
- Continue joint mobilizations
- Initiate external rotation/internal rotation tubing exercises (arm at side)
- Initiate isotonic dumbbell program:
  - Shoulder abduction, flexion
  - Latissimus dorsi
  - Rhomboids
  - Biceps
  - Triceps
  - Shoulder shrugs
  - Wall push ups
- Initiate neuromuscular control exercises for the scapulothoracic joint

### **Weeks 10 to 12**

#### **Exercises**

- May initiate slightly more aggressive strengthening:
  - Supraspinatus
  - Tubing exercises for rhomboids, latissimus dorsi, biceps, triceps

#### **Exercises**

- Continue all stretching exercises (progress range of motion to functional demands)

## **Phase III: Dynamic Strengthening (Weeks 13 to 20)**

### **Criteria to Progress to Phase III**

- Full, non-painful range of motion
- No pain or tenderness
- Muscular strength to 70 percent of contralateral side

### **Goals**

- Improve muscular strength, power and endurance
- Improve neuromuscular control

### **Weeks 13 to 15**

#### **Exercises**

- Continue all stretching exercises (capsular stretches)
- Continue exercises as listed above

- Fundamental exercises
- Endurance training

## **Weeks 16 to 20**

### **Exercises**

- Continue exercises as listed above
- Emphasis on gradual return to recreational activities

## **Phase IV: Return to Activity (Weeks 21 to 28)**

### **Criteria to Progress to Phase IV**

- Full, non-painful range of motion
- Satisfactory static stability
- Satisfactory clinical exam
- No pain or tenderness

### **Goals**

- Progressively increase activities to prepare patient for unrestricted functional return

## **Weeks 20 to 28**

### **Exercises**

- Continue flexibility exercises
- Continue isotonic strengthening program
- Plyometric strengthening
- Initiate interval sport programs

## **Phase V: Return to Activity (Months 6 to 9)**

### **Criteria to Progress to Phase V**

- Full functional range of motion
- Satisfactory isokinetic test that fulfills criteria
- Satisfactory shoulder stability
- No pain or tenderness

### **Goals**

- Gradual return to sport activities
- Maintain strength, mobility and stability

## **Months 7 to 9**

### **Exercises**

- Gradually progress sports activities to unrestrictive participation
- Continue stretching and strengthening program