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ORTHOPAEDIC SURGERY | SPORTS MEDICINE

Rehabilitation Protocol:
Arthroscopic POSTERIOR Labral Stabilization

Phase I, Maximal Protection Phase
0-4 weeks

- Abduction or External Brace x4 weeks full-time in "Gunslinger" position
- Grip Strength, Elbow/Wrist/Hand ROM
- Codmans Exercises
- Avoid elevation in supine
- Avoid IR
- Avoid horizontal adduction past neutral

Phase II, Moderate Protection Phase
4-6 weeks

- At 4 weeks, begin slow wean of sling over two weeks. Continue to wear sling at night for 6 weeks
- Begin Passive → AAROM → AROM
- Restrictions:
  - FF to 90 degrees
  - ER at side to 30 degrees
  - IR to stomach / no greater than 20 degrees
- No cross-body adduction
- No Manipulations per therapist
- Begin Isometric exercises with arm at side: No IR isometric
- Deltoid/Scapular
- ER (submaximal) with arm at side
- Begin strengthening scapular stabilizers

Phase III, Minimal Protection Phase
6-12 weeks

- Increase ROM to within 20∫ of opposite side.
- No manipulations per Therapist.
- Encourage patient to work on ROM daily.
- Cont. Isometrics
- Progressive PROM/stretching for elevation, ER(0) and ER(90) to end range
- Advance active assisted to active range for elevation
- Once FF to 140, Advance strengthening as tolerated: isometrics bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers.
- Theraband resisted ER, scapular stabilizer, deltoid, serratus without weightbearing
- Begin IR ROM to 45 deg in scapular plane
- Only do strengthening 3times/wk to avoid rotator cuff tendonitis
- Closed chain exercises

Phase IV, Strengthening Phase
3-12 months

- Advance to full painless ROM
- Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12-16 weeks once ROM restored.
- Begin sports related rehab at 3 months, including advanced conditioning
- No collision sports prior to 6 months
- No bench press or push-ups until 6 months

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- Interval throwing program or overhead sports at 6 months
- MMI is usually at 12 months