

Physical Therapy Protocol: ARTHROSCOPIC POSTERIOR LABRAL REPAIR

Recommendation: PT/ OT 2-3 visits per week for 8-12 weeks

- Weeks 0-3 Pendulums, ROM elbow, wrist, and hand
PROM: scapular plane elevation to 130dg; ER to 0 dg
Scapular AROM: elevation and retraction
- Weeks 3-4 PROM: scapular plane elevation to 140dg; ER to 15dg
AAROM: scapular plane elevation and ER to above limits
Pulleys
Scapular isometrics 30dg (against gravity)
- Weeks 4-6 PROM: scapular plane elevation to 165dg; ER to 45dg
AROM: scapular- supine at 4 weeks, standing at 5 weeks
Side-lying ER
- Weeks 6-8 PROM: scapular plane elevation to full; ER to full
ER/IR with resistive tubing
ER/IR standing with weight
AROM to light resistance
- Weeks 8-10 PROM: to tolerance including cocking
Supine cocking with weight (eccentric emphasis)
Supine PNF D2 diagonal with weight (eccentric emphasis)
Dynamic weight-bearing on balance ball (unilateral)
- Weeks 10+ Rebounder cocking and backhand toss, progressive push-ups -- begin from knees then
to full prone
Increase speed of training
Increase emphasis on eccentric control of cocking