

Orthopaedic Sports Specialists, P.C.

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Arthroscopic Posterior Labral Repair

POST-OP REHABILITATION

Phase I: *(Day 1 to Week 6)*

Goals:

- Allow soft tissue healing
- Diminish pain and inflammation
- Initiate protected motion
- Protect excessive internal rotation, posterior translation
(when supine – support posterior capsule)
- Retard muscle atrophy
- Protect and teach biceps traction on repair

Week 0 -2:

- Abduction sling for first 4 weeks
- Sling at night for 4 weeks
- Any signs of Capsulitis - NOTIFY MD***

∞ **Exercises:**

- Hand gripping exercises
- Elbow and wrist ROM
- AROM of cervical spine
- Passive and AAROM Exercises:
 - Elevation to 90 degrees
 - IR in scapular plane (45 Degrees by 2 weeks)
 - ER in scapular plane (75 degrees by 2 weeks)
- Rope and Pulley (Flexion), AAROM
- Cryotherapy to control pain
- Submaximal isometrics
- Rhythmic Stabilization Exercises at 7 days
- Proprioception and Neuromuscular control drills

Week 3-4:

- ∞ **Sling without abduction pillow**
- ∞ **Range of Motion Exercises (AAROM, PROM, AROM)**
 - Elevation to advanced to 160 degrees
 - External rotation relaxes posterior capsule
 - IR, in scapular plane, to full motion
 - ER, in scapular plane, to 75 degrees by week 4
 - At week 4, begin ER/IR at 90 degrees of abduction
- ∞ **Strengthening Exercises:**
 - Initiate LIGHT isotonic Program
 - ER/IR Exercise tubing (Zero degree of abduction)
 - Continue Dynamic Stabilization Drills
 - Scapular strengthening exercises
 - Biceps/Triceps strengthening – less than 50% MAX
 - PNF D2 Flex/Ext manual resistance
- ∞ **Continue use of Cryotherapy and modalities to control pain**

Week 5-6:

- ∞ Discontinue use of sling – except for at risk environment (ie school)
- ∞ **Continue** exercises listed above
- ∞ **Progress ROM to:**
 - Elevation to 145-160 degrees by week 6
 - ER at 90 degrees abduction 75-85 degrees
 - IR at 90 degrees abduction 65-70 degrees
- ∞ **Initiate Throwers Ten Strengthening Program**

PHASE II - INTERMEDIATE PHASE (Week 7 - 12)

Goals:

- Restore full ROM Week 7
- Restore functional ROM Week 10-11
- Normalize arthrokinematics

Week 7-8:

- ∞ **Progress ROM to the Following:**
 - Elevation 180 degrees
 - ER at 90 ABD to 90-100 (week 8)
 - IR at 90 ABD to 70-75 degrees

- ∞ **Continue strengthening program**
- ∞ **Allow to advance biceps strengthening as pain permits (no overhead biceps strengthening until week 10)**
- ∞ **Strengthening Exercises:**
 - Continue Throwers Ten
 - Continue Manual Resistance, Dynamic Stabs,
 - Initiate Plyometrics (Two hand drills)

Week 9-12:

- ∞ **Progress ROM to the overhead athlete's demands**
(Complete gradually from weeks 9 to 12)
- ∞ **Strengthening Exercises**
Progress Isotonic Program

PHASE III - ADVANCED ACTIVITY AND STRENGTHENING PHASE **(weeks 12-20)**

Goals: Improve strength, power, endurance
Enhance neuromuscular control
Functional activities

Criteria to enter Phase III:

- ∞ Full range of Motion
- ∞ No pain or tenderness
- ∞ Muscular strength 80% of contralateral side

Week 12-16:

- ∞ **Continue all strengthening exercises**
May initiate more aggressive strengthening (begin at 20% max)
 - Push ups
 - Shoulder press
 - Bench press
 - Pull downs
 - Single Arm Plyometrics
 - Isometrics
 - Plyometrics
 - Neuromuscular control / dynamic drills
- ∞ **Self capsular stretching, AROM, Passive Stretching**
- ∞ **Initiate Interval Sports Program (sports specific)**

Week 16 - 20:

- ∞ **Continue all strengthening exercises**
- ∞ **May begin strenuous exercises that load the posterior joint.**
- ∞ **May resume normal training**
- ∞ **Continue sports specific strengthening program**
- ∞ **Progress interval program**

PHASE IV: RETURN TO ACTIVITY PHASE week 22-26:

Goals: Gradual return to unrestricted activity
Maintain static and dynamic stability of shoulder

Criteria to enter Phase IV:

- ∞ Full functional Range of Motion
- ∞ No pain or tenderness
- ∞ Satisfactory Muscular strength
- ∞ Satisfactory Clinical exam

Exercises:

Continue ROM
Continue Strength
Competition