



***POSTERIOR LABRUM REPAIR
POSTOPERATIVE PROTOCOL***

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*Board-certified, Attending Orthopaedic Surgeon
Fellowship-trained in Sports Medicine and Arthroscopy*

Sling (except during PT and washing):

Sling x 4 weeks at all times, then 2 weeks during activities

Motion:

Week 1-2: Pendulum exercises, elbow/wrist/hand ROM

Passive, Active-assist ROM in forward flexion to goal of 90 deg

Passive, AAROM in IR/ER to 30 deg

Active elbow flex/ext

Week 3-4:ROM: Active and passive forward flex to goal of 180 deg (Do not load post-inf shoulder in this position)

Full A/PROM in IR/ER (Avoid extremes of cross arm adduction)

Week 4-6:discontinue sling

Full ROM in all planes

Start posterior capsule stretch

Strengthening:

Week 1-2: Submaximal isometrics in all planes

Grip strengthening

Week 3-4:Theraband strengthening: IR/ER; ABD/ADD, with arm at side

Sidelying ER; Bicep/Tricep strengthening; Scapular stabilization

Week 4-12:Progressive strengthening (light-mod as tolerated)

Week 12-24: Full strengthening as tolerated; sport-specific exercises

Cleared for light/non-contact sports as comfort allows and as strength nears maximum

Week 24:Cleared for contact sports and activities (rock climbing, waterskiing, etc.)

If you have any questions, please contact our clinic.

Adapted courtesy of Dr. Tim McAdams.