



**Nathan E Marshall MD**  
*Rochester Hills, MI*  
(248) 650-2400  
*Shelby Township, MI*  
(586) 254-2777  
[NateMarshallMD.com](http://NateMarshallMD.com)

## **Posterior Labrum Repair Physical Therapy Protocol**

### **Weeks 0-2**

#### **Primary goals: Eliminate swelling, pain control**

- Patient is placed in a sling immediately postop, sling for 3-4 weeks for comfort, sleep in immobilizer for 3-4 weeks
- Elbow/Hand ROM ok
- Hand gripping exercises
- Belt to forehead range of motion
- Avoid cross arm adduction, excessive IR
- Limited ROM in scapular plane
- Ice, modalities as indicated

### **Weeks 2-6**

#### **Primary goals: Increase ROM**

- Discontinue sling at 3-4 weeks
- Continue gentle ROM exercises (PROM and AAROM)
  - Flexion to 90 degrees @ 2 weeks, advance to tolerance at 4-6 weeks
  - Abduction to 90 degrees at 4 weeks, advance to tolerance at 6 weeks
  - ER/IR at 45 degrees abduction in scapular plane
  - ER in scapular plane to 25-30 degrees, 45 to 60 degrees @ 4 weeks and tolerance at 6 weeks
  - IR in scapular plane to 15-20 degrees, advance to 60 degrees by 4-6 weeks
  - Rate of progression based on evaluation of patient
- No excessive IR, cross body adduction
- Core stabilization program
- Initiate scapular strengthening program

## **Weeks 6-12**

### **Primary goals: Increase ROM, scapular strength**

- Gradually improve ROM to full
  - Progress based on evaluation
  - Increase capsular pliability, elasticity, mobilization
- May initiate stretching exercises
- Scapular strengthening, stabilization
- Deltoid/rotator cuff isometrics t 8 weeks

## **Weeks 12-16**

### **Primary goals: Strength, full AROM**

- Advance strengthening
- Muscle endurance
- Glenohumeral stabilization
- Stretching program

## **4-5+ Months**

### **Primary goals: Full strengthening, functional training**

- Advance scapular stabilization and shoulder stabilization
- Begin plyometric and throwing program (if overhead athlete)
- Maintain ROM and flexibility
- Begin functional activities
- Begin return to sport, training room, gym when full range of motion and strength regained