



SIU MEDICINE

ORTHOPEDICS

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POST-OPERATIVE POSTERIOR LABRAL REPAIR REHAB GUIDELINES

Diagnosis/Surgery: _____

PHASE 1: WEEKS 0-5

Goals:

1. Protect repair
2. Decrease pain
3. Reduce swelling

Activity:

1. Sling with arm in neutral rotation (not IR) with pillow at side for 5 wks at all times (even while sleeping)
2. Cryotherapy
3. Elbow, wrist, hand ROM exercises
4. No active forward flexion, adduction, or internal rotation
5. No passive motion

PHASE 2: WEEKS 5-8

Goals:

1. Protect repair
2. Decrease pain
3. Restore AROM
4. Posture

Activity:

1. Discontinue sling at week 5
2. Initiate active assisted ROM and active ROM
Begin with elevation in plane of scapula and ER

Progress to shoulder flexion to tolerance

No IR until week 8

3. No stretching
4. No passive ROM, no posterior loading
5. Walk the wall

PHASE 3: WEEKS 8-11

Goals:

1. Begin strengthening
2. Gradually re-establish ROM
3. Improve neuromuscular control

Activity:

1. Gentle passive ROM to tolerance as needed to regain full ROM
2. Begin gentle IR at 90° abduction to 30-45° and progress to 60-65° by week 12
3. Scapulothoracic muscle strengthening
4. Begin rotator cuff exercises
5. Progress to pulleys
6. Rhythmic stabilization
7. Isometrics

PHASE 4: MONTHS 3-4

Goals:

1. Continue strengthening
2. Maintain/progress to full ROM
3. Advance proprioceptive activity

Activity:

1. Advance rotator cuff strength – low weights, high reps
2. No overhead, no throwing, no contact sports
3. Push-up progression: wall to table to chair
4. Plyometrics
5. Sport specific training

PHASE 5: 4 MONTHS POST-OP

Goals:

1. Gradual return to sports participation
2. Maintenance program for strength, endurance

Activity:

1. Return to sports decided by physician, physical therapist and athletic trainer

Additional Instructions:

Elisabeth C. Robinson, MD

Date