

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