

Posterior Shoulder Stabilization/Labral Repair Guideline

Individual patient circumstances may affect the guideline
(tear configuration, fixation used, associated procedures, etc.)

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-6	<ul style="list-style-type: none"> Protect surgical site Reduce muscle atrophy PROM up to: <ul style="list-style-type: none"> Flexion 0-120 degrees ER to tolerance Abduction to 90 degrees 	<ul style="list-style-type: none"> ROM (0-2 weeks): elbow/wrist ONLY PROM and AAROM (2-6 weeks) <ul style="list-style-type: none"> Flexion: 0-120 degrees ER to 30 degrees Abduction to 60 degrees by week 4 and 90 degrees by week 6 No shoulder IR past neutral Sling at all times 	<ul style="list-style-type: none"> Modalities <ul style="list-style-type: none"> Cryotherapy: 5-7 times per day BFR, if applicable Codman's/pendulum Wrist/Hand AROM Shoulder PROM/AAROM per restrictions At 2 weeks – Submax/pain-free isometrics <ul style="list-style-type: none"> Flex/Abduction/ER/IR/Extension Weeks 4-6 –scapular stabilizer strengthening
Weeks 6-12	<ul style="list-style-type: none"> Achieve full ROM as tolerated Building towards full shoulder motion in all planes Avoid overstrengthening repaired tissue at posterior shoulder Strength within 90% LSI in neutral position 	<ul style="list-style-type: none"> Discharge from sling at 6 weeks No shoulder IR combined with abduction until 8 weeks Avoid passive/forceful movements into shoulder IR and horizontal adduction IR behind back to beltline only No posterior directed glides until 12 weeks Closed-chain activities wall at 12 weeks 	<ul style="list-style-type: none"> Continue BFR as needed ROM: as tolerated Submax rhythmic stabilizations ER/IR in neutral Rotator cuff strengthening in non-provocative positions Scapulothoracic strengthening Prone, side-lying strengthening Core strengthening Cardiovascular exercises: <ul style="list-style-type: none"> Walking, stationary bike, stairmaster No swimming, treadmill No running Total arm strengthening
Weeks 12-20	<ul style="list-style-type: none"> Full ROM in all planes Strength \geq 90% LSI in neutral shoulder position 	<ul style="list-style-type: none"> No ROM restrictions Avoid swimming, throwing sports Avoid contact activities Closed-chain activities @ 16 weeks 	<ul style="list-style-type: none"> End-range stretching Joint mobilizations if needed Continue with strengthening May initiate <ul style="list-style-type: none"> Banded shoulder strength in 90/90 position Velocity based strengthening <ul style="list-style-type: none"> Neutral at 12 weeks 90/90 position at 16 weeks Closed-chain strengthening (push up @ wall) Discuss sport mechanics with therapist
Weeks 20+	<ul style="list-style-type: none"> Full ROM in all planes Strength \geq 100% LSI in 90/90 position Progression through overhead athlete program Improve capacity for sport-specific demands 	<ul style="list-style-type: none"> See OH athlete program for progressions based on tolerance Return to contact sport between 5-7 months post-op with surgeon approval 	<ul style="list-style-type: none"> Motion – posterior glides if capsule tightness Continue with strengthening listed above Progress with velocity based strengthening <ul style="list-style-type: none"> Shoulder plyometrics Initiate overhead athlete program

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.