

POSTERIOR LABRAL REPAIR

Week 1-4

Precautions: Wear immobilizer continually
Patients 30 years and younger will wear the immobilizer 4 weeks
Patients over 30 years will wear the immobilizer 3 weeks
Time in the immobilizer may change based on surgical findings
No overhead activities for 6 weeks

Rehabilitation:

Under 30 years old

PROM/AROM: arm held in immobilizer, no motion permitted for post-op week 0-4
AROM: Scapular PNFs, cervical, elbow and hand activities

Over 30 years old

PROM/AAROM: Flexion 90
Avoid: All other planes of movement
AROM: Scapular PNFs, cervical, elbow and hand activities

NOTE: *It is expected that when the therapist performs PROM and/or manual therapy of any sort, he or she will take into account the surgical procedure, post-op time frame, protocol, joint play/end feel and the patient's pain tolerance.*

Week 4

Discontinue use of immobilizer as appropriate for age group
Joint mobilization: all planes up to grade III within restriction guidelines, Grade IV for flexion is permissible
Start AROM within restrictions
ROM limitations: Flexion: unlimited
Abduction: 90
External Rotation: to 60 at 90 abduction
Internal Rotation: to 30 at 30 abduction
No external rotation and/ or horizontal abduction posterior to the plane of the body
No horizontal adduction
No weight bearing through upper extremities
Exercises to include: PRE in cardinal and diagonal planes, scapular stabilization and core strength exercises within motion restrictions.

Week 8

Progress to full ROM
Continue with above exercises

Week 13-16

Begin plyometrics

Week 16

Begin interval throwing program

Week 24

Return to full activity
Begin throwing from the mound