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Arthroscopic Posterior Labral Repair Protocol

Phase I: Protect the Repair (Weeks 0-8)

- Remain in external rotation sling
- No lifting with extremity
- Avoid cross body adduction past midline
- No internal rotation behind back, keep hand and elbow in front of body
- No forward flexion in front of body
- Passive and active assist abduction to 90 degrees
- Active external rotation isometrics and strengthening
- Middle and posterior deltoid isometrics and strengthening
- Scapular stabilizer strengthening

Phase II: Progress ROM and Protect Repair (Weeks 8-12)

- Can discontinue to sling
- 5-pound weight bearing limit
- Supine active assist forward elevation to 120 degrees using right hand to pull anterior force during flexion
- External rotation in abduction to tolerance
- Internal rotation in abduction limited to 30 degrees
- Continue ER and posterior deltoid isometrics and strengthening
- Extension to tolerance

Phase III: Full function (>3 months)

- Begin combined full flexion and IR from abducted position
- Discontinue lifting restrictions
- Advanced cuff and scapular stabilizer strengthening
- Initiation progression of functional work and sport-specific activities at 4-6 months