

*From the office of:*

# **Andrew J Blackman, MD**

3000 15<sup>th</sup> Avenue South  
Great Falls, MT 59405  
406-454-2171 [AJBOrthopedics.com](http://AJBOrthopedics.com)



## **PHYSICAL THERAPY PROTOCOL PROCEDURE: POSTERIOR LABRAL REPAIR**

### **Weeks 1-6: Phase I**

Sling Immobilizer: At all times (with waist strap) when not doing exercises; may remove sling starting in week 5 if cleared by surgeon.

Exercises: AROM elbow/wrist

PROM ER to 30

Gripping exercises

Scapular isometrics

Pain-free, submaximal deltoid isometrics (start at week 3)

Protect posterior capsule from stretch

Limit IR and horizontal adduction to neutral

Modalities as needed

Advancement Criteria: ER to 30deg

Minimal pain and inflammation

### **Weeks 6-8: Phase II**

Sling Immobilizer: For comfort only

Exercises: Active Assisted FF in scapular plane to 90: wand exercises, pulleys

Active Assisted ER to 45 degrees: wand exercises

Limit IR and horizontal adduction to neutral

Pain-free, submaximal deltoid and IR/ER isometrics

Manual scapula side-lying exercises

Modalities as needed

Advancement Criteria: Minimal pain and inflammation

ER to 45/ FF to 120

IR/ ER strength 4/5

## **Weeks 8-12: Phase III - Motion Phase**

Sling Immobilizer: d/c sling by week 8

Exercises: Active assisted FF in scapular plane to 160  
Begin active FF in scapular plane if RTC and scapular strength adequate  
Active assisted ER to tolerance  
Begin active assisted ROM for IR w/ arm in 45deg abduction  
Scapular strengthening program, protecting posterior capsule  
Begin latissimus strengthening  
Deltoid and RTC isometrics, progressing to isotonics with emphasis on posterior cuff -stress eccentrics  
Begin humeral head stabilization exercises if strength adequate  
Begin upper extremity flexibility exercises  
Isokinetic training and testing  
Modalities as needed

Advancement Criteria: Normal scapulohumeral rhythm  
Minimal pain and inflammation  
IR/ER strength 5/5  
Full upper extremity ROM  
Isokinetic IR strength 85% of unaffected side

## **Weeks 12-20: Phase IV**

Exercises: Continue full upper extremity strengthening (emphasize eccentrics)  
Progress to full functional ROM  
Advance IR/ER strengthening to 90/90 position if required  
Continue upper extremity flexibility exercises  
Isokinetic strengthening and testing  
Activity-specific plyometrics program  
Address trunk and lower extremity demands  
Begin sport or activity-related program  
Modalities as needed

Discharge Criteria: Pain-free sport or activity-specific program  
Isokinetic IR/ER strength equal to unaffected side  
Independent home exercise program

Discharge Criteria: Isokinetic IR/ER strength equal to uninvolved side  
Independent HEP  
Independent, pain-free sport or activity specific program

For more information, please visit [ajborthopedics.com](http://ajborthopedics.com)

Facebook.com/406Ortho

Twitter - @ 406Ortho