

R. JOHN ELLIS, JR., M.D.
LAWRENCE A. SCHAPER, M.D.
MARK G. SMITH, M.D.
G. JEFFREY POPHAM, M.D.
AKBAR NAWAB, M.D.
MICHAEL L. SALAMON, M.D.
MATTHEW R. PRICE, M.D.



DANIEL E. RUEFF, M.D.
SEAN M. GRIFFIN, M.D.
BRENT J. SINICROPE, M.D.
EVAN RHEA, M.D.
KELSI J. BARNES, PA-C
JENNIFER R. STREET, PA-C

POSTERIOR LABRAL REPAIR PROTOCOL

Weeks 1-2

- *Objective is to protect healing capsule, allow early, graded, protected motion, prevent stiffness, minimize atrophy, and control pain and inflammation*
- Wear sling during the day for 3-4 weeks
- Sleep in your sling for 3-4 weeks
- Monitor neurovascular status
- Supine passive range of motion:
 - Flexion to 90°-120°
 - ER to 20°-65° with shoulder abducted 20°
 - IR to 30° with shoulder abducted 30°
 - Abduction 60° -90° in scapular plane
- Exercises
 - Cervical range of motion
 - Scapular elevation and retraction
 - Submaximal shoulder isometrics (ER/IR/Flexion/Abduction in neutral)
 - Wrist and hand exercises
- Modalities as needed for pain and swelling

Weeks 3-4

- Progress passive and active assistive range of motion
 - Flexion to 140°
 - Abduction to 90°
 - ER to 90° with shoulder abducted 90°
 - IR to 35° with shoulder abducted 90°
- Exercises:
 - Scapular elevation, depression, protracted, retraction
 - Submaximal multi-angle isometrics (flexion, abduction, IR, ER)
 - Light rhythmic stabilization in neutral
 - Light resistance for scapular exercise
 - Light resistance for wrist, hand, and forearm exercises.
 - UBE
- Ice and modalities as needed for pain and swelling

EASTPOINT OFFICE
13151 MAGISTERIAL DRIVE, SUITE 200
LOUISVILLE, KENTUCKY 40223
Telephone 502-587-1236
Fax 502-587-0126

BOOKKEEPING DEPARTMENT
5120 DIXIE HIGHWAY, SUITE 103
LOUISVILLE, KENTUCKY 40216
Telephone 502-587-7269
Fax 502-587-0318

SOUTHEND OFFICE
5120 DIXIE HIGHWAY, SUITE 103
LOUISVILLE, KENTUCKY 40216
Telephone 502-449-0449
Fax 502-449-3277

Weeks 5-6

- Progress range of motion
 - Flexion to 160°
 - Abduction to 160°
 - ER to tolerance
 - IR to 40° with shoulder abducted 90°
- Exercises:
 - Begin pulley
 - Anti-gravity flexion and scaption to 90°
 - Advance to light resistive exercise in graduated, protected range
 - Manual light resistance to scapular diagonals (D1 and D2)
 - May initiate light theraband resistance for ER and IR at neutral with towel roll
 - UBE at chest level
 - Light proprioceptive exercise in protected range
- Watch scapulo-humeral rhythm, emphasize concentric and eccentric
- Emphasize scapular stabilization
- Ice and modalities as needed for pain

Weeks 7-8

- Continue to progress range of motion toward normal range in all planes
- Use joint mobilizations and capsule stretches as needed
- Exercises:
 - UBE at shoulder level
 - Increase isotonic strengthening for flexion, scaption, and abduction
 - Increase theraband for rotator cuff
 - Increase proprioception for scapulothoracic and glenohumeral joint
 - Manual scapular diagonals: con/con ☺con/ecc
 - Begin active horizontal abduction and adduction, increase range and resistance as tolerated, starting with proximal and working towards distal

Weeks 9-12

- Continue stretching and strengthening program
- Begin PNF patterns: limited range ☺full range, proximal ☺middle☺distal resistance
- Begin body blade: supine at 90° ☺multi angle ☺diagonals
- CKC on wall or slideboard