

Posterior Labral Repair

Name: _____
 Dr: Rothenberg

DOB: _____
 DOS: _____

Passive ROM RESTRICTIONS

FE: 0-120 x 6 wks

ER: 0-30 x 3 wk
 0-60 x 3 wks then FROM

IR: none x 6 wks

ABD: 0-90 x 3 wks then FROM

Begin full AROM

6 weeks

Sling

6 weeks

No posterior loading x 6 wks

ROM & Muscle Initiation	1-2	3-4	5-6	7	8+	9-13+	14-19+	20-25+	26+
Scapular retraction - depression									
Cervical, elbow, wrist & hand ROM									
Pendulums									
Passive ROM:									
A) Ext rotation & internal rotation to belt									
B) Forward elevation & scaption									
C) Abduction									
Active assist ROM:									
A) External & internal rotation									
B) Forward elevation & scaption									
Isometrics									
A) External & internal rotation									
B) Biceps & triceps									
Active ROM									
A) Sidelying external rotation									
B) Forward elevation & scaption									
C) Salutes (lawn chair progression)									
D) Prone extension & horizontal abd									
G) Open chain proprioception									
Low load prolonged stretches:									
A) Towel internal rotation									
B) Cross arm									
C) Sleeper									
D) 90/90 external rotation									
Progress to Endurance: 6+ wks & PROM FE 120, Abd 90, Ext Rot 30, Q DASH <60%									
Muscular Endurance 3 x 15, 45s rest						9-13+			
External & internal rotation									
Punches with a plus									
Sport cord rows									
Prone lower trap									
Bicep curls / tricep extension									
Closed chain stability									
Progress to Strength: 12+ wks & AROM FE 120, Abd 120, Ext Rot 45, Q DASH <45%									
Muscular Strength 3 x 10 120s rest							14-19+		
External rotation at 45° & 90°									
Bear hugs									
Statue of liberty									
Push up plus progression									
Progress to Power: 18+ wk + strength >80% contralateral: Full can, Abd, Belly press, ER@0, IR@0, QDASH <20%									
Muscular Power 3 x 6, 180s rest								20-25+	
Advanced closed chain stability									
PNF with resistance									
Decelerations & Plyometric ext rotation									
Progress to High Level: 24+ wks + strength >90% contralateral side (motions as above), CKQUEST >21 / 15s									