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Arthroscopic Posterior Labrum Repair

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
Phase I **0–4 weeks** GOAL TO ADVANCE *Passive flexion 90°*	Passive only: forward flexion to 120° lying down, ER as tolerated, pendulums. NO internal rotation and NO reaching across the body*	Sling in neutral rotation at all times, including sleep, except hygiene and exercise	Elbow/wrist/hand ROM, ball squeeze, scapular retraction, gentle ER/IR isometrics. No weight bearing through the arm; no overhead activity
Phase II **5–6 weeks** GOAL TO ADVANCE *Flexion 120-140°; pain controlled*	Begin active-assisted and active motion: flexion to 140°, ER as tolerated, IR to 30° (scapular plane). Still no reaching behind back or across the body*	Wean sling	Side-lying ER, prone rows and extension, standing flexion to 90°, biceps curls, band ER; band IR to neutral only
Phase III **7–12 weeks** GOAL TO ADVANCE *Flexion 165°, ER at 90° 85-90°, IR 60°*	Flexion and ER to tolerance. IR in scapular plane to 60°; IR at 90° abduction 30-45° by week 10, 60° by week 12. Behind back to beltline only	None	Band rows, W's, serratus punch, diagonals, ER/IR at 90°, prone T/Y, rhythmic stabilization. No push-ups until wall push-ups at week 12*
Phase IV **13–20 weeks** GOAL TO ADVANCE *Full motion; ER/IR strength ≥80% of other side*	Full; cross-body and behind-back stretching	None	Week 16: machine weights (pulldown, row, bench). Week 20: push-up progression and closed-chain work
Phase V **21–28 weeks** GOAL TO ADVANCE *≥90% strength; physician clearance*	Full without discomfort	None	Plyometrics, compound weight training; interval sport program from week 28**

NOTES

*Internal rotation, reaching across the body and pushing (push-ups, bench press, supporting weight on the hands) stress the back of the shoulder where the repair is healing

**If approved by physician