



14 Thomas Point. Rd
Brunswick ME 04011

Phone (207) 442-0325
Fax (207) 443-4578

ARTHROSCOPIC POSTERIOR LABRAL RECONSTRUCTION POST-OPERATIVE REHABILITATION PROGRAM

Phase One: Maximum Protection Phase (Week 0-6)

Phase One Goals:

- Minimize excessive internal rotation and posterior translation**
- Protect the anatomic repair**
- Prevent negative effects of immobilization**
- Promote dynamic stability**
- Diminish pain and inflammation**

Post-Op 0-2 weeks

PROM limited to 90° flexion, 90° abduction, no horizontal adduction, 45° internal rotation in scapular plane, and 60° external rotation in scapular plane

Sling worn at all times to support glenohumeral joint (4-6 weeks)

1. PROM/AAROM per restrictions stated above within scapular plane
2. Postural awareness education
3. Sub-maximal isometrics for rotator cuff.
4. Theraputty and light resisted wrist isometrics
5. Light scapular stabilization within restrictions
6. Soft tissue mobilization as tolerated
7. Ice/Cryotherapy as needed
8. Cardiovascular exercises-stationary bike, treadmill with arm supported

Post-Op 3-4 weeks

ROM limited to 145° flexion, 120° abduction, 30° horizontal adduction, 60° internal rotation in scapular plane and 75° external rotation in scapular plane

Wean from sling (4-6 weeks)

1. PROM to tolerance within limitations
2. AAROM/AROM within limits
3. Continue scapular stabilization
4. Continue sub-maximal isometrics
5. May initiate T-band exercises for internal/external rotation at side
6. Gentle joint mobilization to scapula
7. Light isotonic program for biceps and triceps
8. D2 flex/ext manual resistance

Post Op 5-6 weeks

1. D/C sling except in at risk environments
2. Continue above exercises
3. Progress ROM to elevation 160°, ERA at 90°abd - 80°, IRA at 90°abd - 70°

Phase Two: Minimum Protection Phase (week 6-12)

Phase Two Goals:

- Gradually restore full ROM (8 weeks)**
- Preserve the integrity of the surgical repair**
- Restore muscular strength and balance**

Post-Op 6-8 weeks

1. Progress ROM as tolerated
2. No ROM restrictions after 8 weeks
3. Initiate Throwers 10 Program as tolerated

Post-Op 8-12 weeks

1. AROM with emphasis on quality of motion
2. Continue with rotator cuff and scapular stabilization exercises in all planes.
3. Continue resistive PNF patterns as tolerated
4. Progress closed kinetic chain exercises as tolerated
5. May initiate isokinetic/eccentric strengthen for all muscle groups as tolerated

Goal: Full AROM by 12 weeks

Phase Three: Regaining Performance Phase (week 12-24)

Phase Three Goals:

- Enhance muscular strength, power and endurance**
- Progress functional activities**
- Maintain shoulder mobility**

Post-Op 12-16 weeks

1. Isokinetic testing at 12 weeks
2. Progress to independent strengthening program
3. Reinforce postural awareness quality of exercise techniques, and proper PRE progression- frequency, duration, and intensity
4. Coordinate sports specific training to begin return to normal function or sport

Post-Op 16-22 weeks

1. Continue all strengthening exercises
 May begin to load posterior joint gradually
2. Continue sports specific training

- Goals:**
- 1. Full pain free AROM**
 - 2. Strength 95% of non-involved side**
 - 3. Return to full activity or sport without restriction by 22 week**

Phase Five: Return to Sports/Activity Phase (week 22+)

Phase Five Goals:

- Gradual return to sport activities**
- Maintain strength, mobility and stability**