



## REHABILITATION PROTOCOL

### Shoulder Arthroscopy / Posterior Labrum Repair

Patient Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Surgery Details: \_\_\_\_\_



#### Phase 1 (0-4 weeks)

- **Weight-bearing:** Sling immobilization at all times except for showering and rehab under guidance of PT.
- **Range of Motion:** PROM
  - Goals: 0-90° of Forward Flexion, 0° of External Rotation at side
  - **AVOID ABDUCTION AND INTERNAL ROTATION FOR 6 WEEKS**
  - **AVOID POSTERIOR STRESS OR PUSH EXERCISES FOR 3 MONTHS**
- **Therapeutic Exercises:**
  - Wrist/Hand Range of Motion
  - Grip Strengthening
  - Isometric Abduction, Internal/External Rotation exercises with elbow at side
  - No resisted Forward Flexion or Elbow Flexion (to avoid stressing the biceps origin at the SLAP)
- Modalities as per PT discretion in each phase of rehab.



#### Phase 2 (4-6 weeks)

- **Weight-bearing:** Discontinue sling. Begin to progress weight-bearing and AROM with the affected arm
- **Range of Motion:** Increase Forward Flexion to 165°, External Rotation to 30°
- **Therapeutic Exercises:** As tolerated.
  - Advance isometrics from Phase I to use of a Theraband within AROM limitations
  - Continue with Wrist/Hand Range of Motion and Grip Strengthening
  - Begin Prone Extensions and Scapular Stabilizing Exercises (traps/rhomboids/levator scapula)
  - Gentle joint mobilization
  - **AVOID ABDUCTION AND INTERNAL ROTATION**



#### Phase 3 (6-12 weeks)

- **Range of Motion:** Progress to full AROM without discomfort.
- **Therapeutic Exercises:** Advance theraband exercises to light weights (1-5 lbs)
  - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
  - IR/ER to light weights
  - Resisted Scaption
  - Begin gentle biceps contraction
  - Continue and progress with Phase II exercises
  - Begin UE ergometer



#### Phase 4 (3-6 months)

- **Range of Motion:** Full ROM without discomfort.
- **Therapeutic Exercises:** Advance exercises in Phase III (strengthening 3-5x per week)
  - Sport/Work specific rehabilitation
  - Return to throwing at 4.5 months
  - Return to sports at 6 months if appropriate and advised by Dr. Ghattas.

#### Physician Comments:

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Paul J. Ghattas, D.O.

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