

PT PROTOCOL

Posterior Shoulder Stabilization (Posterior Labral Repair)

Rehabilitation Protocol



Weeks 0-2

Period of protection; sling with pillow, no shoulder ROM

2-6 Weeks

Sling with abduction pillow; staged PROM/AAROM, isometrics at week 4

6-12 Weeks

Discontinue sling; AROM progression, begin resisted exercises

12-24 Weeks

Full ROM; advance strengthening, RTS 20-24 weeks

Milestones above are goals, not guarantees; progression is criterion-based.

Phase 1 Weeks 0-2

Sling: Sling with pillow, worn at all times except for hygiene. Period of protection — no formal physical therapy for the first 2 weeks.

Range of Motion

- No shoulder range of motion allowed.
- Elbow and wrist motion only.

Phase 2 Weeks 2-6

Sling: Sling with abduction pillow, continued for a total of 6 weeks.

Range of Motion

- Weeks 2-4: passive and active-assisted range of motion, including forward flexion to 90°.
- Weeks 4-6: passive and active-assisted range of motion, including forward flexion to 120° and abduction to 90°.
- No combined abduction-internal rotation.

Therapeutic Exercises

- Begin isometrics at week 4 (no external rotation).
- Modalities per PT discretion: electrical stimulation, ultrasound, heat (before), ice (after).

Phase 3 Weeks 6-12

Sling: Discontinue (unless in a crowd or slippery environment).

Range of Motion

- Increase forward flexion as tolerated; begin active range of motion in all planes, remaining within passive limits.
- Weeks 8-10: passive and active-assisted internal rotation to 30° with the arm at the side and with the arm in 45° of abduction.
- Weeks 10-12: unlimited passive and active internal rotation.

Therapeutic Exercises

- Continue Phase 2 exercises; begin resisted isometrics (no external rotation); begin progressive resistive exercises excluding external/internal rotation; begin scapular stabilizers (protraction, retraction).
- Anterior glides are okay; avoid posterior glides.
- Weeks 8-10: progress to resisted exercises with theraband.
- Weeks 10-12: advance progressive resistive exercises to include external and internal rotation.
- Modalities per PT discretion.

Range of Motion

- Full range of motion.
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Therapeutic Exercises

- Continue Phase 3 exercises, advancing as tolerated.
- Posterior glides are okay starting at week 14.
- Modalities per PT discretion.
- Consider return to sport at 20–24 weeks, pending surgeon approval.