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**ARTHROSCOPIC POSTERIOR LABRAL REPAIR  
POST-OPERATIVE PHYSICAL THERAPY PROTOCOL**

- \*\* AVOID Internal Rotation and Adduction until 6 weeks**
- \*\* AVOID posterior stress/push exercises until 3 months**

**WEEK 0-3**

pendulums, ROM elbow, wrist and hand  
PROM: scapular plane elevation to 90dg; ER to neutral  
Scapula AROM: elevation and retraction  
AVOID IR and ADDuction  
AVOID posterior stress

**WEEK 3-4**

PROM: scapular plane elevation to 140dg; ER to 30dg  
AAROM: scapular plane elevation and ER to above limits  
Pulleys  
Scaption isometrics @ 30dg (against gravity)  
AVOID IR and ADDuction  
AVOID posterior stress

**WEEK 4-6**

PROM: scapular plane elevation to 165dg; ER to 40dg  
AROM: scaption- supine @ 4wks, standing @ 5wks  
Sidelying ER  
Bodyblade: scaption @ 0dg, ER \* not aggressive\*  
Dynamic weightbearing on ball (bilateral)  
AVOID IR and ADDuction  
AVOID posterior stress

**WEEK 6-8**

PROM: scapular plane elevation to full; ER to 60dg  
ER/IR with resistive tubing  
ER/IR standing with weight  
Resisted scaption  
Upper Body Ergometer  
PNF D2 diagonal – AROM to light resistance

**WEEK 8-10**

PROM: to tolerance including cocking (ER @ 90dg ABD)  
Bodyblade horizontal abd/add  
Supine cocking with weight (eccentric emphasis)

Supine PNF D2 diagonal with weight (eccentric emphasis)  
Dynamic weightbearing on ball (unilateral)

**WEEK 10+**

Rebounder cocking and backhand toss  
Push ups  
Increase speed of training  
Increase emphasis on eccentric control of cocking