



Shoulder Instability Arthroscopic Posterior Labral Repair Physical Therapy Protocol

**Columbia University
Shoulder, Elbow and Sports
Medicine Service**

**** AVOID IR and ADDuction until 6 weeks
** AVOID posterior stress/push exercises until 3 months**

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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