

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

Arthroscopic Posterior Labral Repair

Phase 1 – Passive

Week 1-3:

- Sling with wedge for 3 weeks

Week 4-6:

- Supine External Rotation – gradually increase to full
- Supine Forward Elevation – gradually increase to full in scapular plane.

Phase 2 – Active

Week 7-10:

- *Pendulums to warm-up*
- *Active Range of Motion with passive stretch to prescribed*
- Supine -> Seated External Rotation – Full
- Supine -> Seated Forward Elevation – Full in scapular plane
- Internal Rotation – gradually increase to full by week 12

Phase 3 – Resisted

Week 11:

- *Pendulums to warm-up and continue with Phase 2*
- External and Internal Rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- *gradually increase internal rotation motion to full by 12 weeks.

Week 12: Weight Training

- Avoid posterior capsular stress-do not lock out arms in forward bench press.
- Keep hands within eyesight, keep elbows bent.
- Minimize overhead activities
- (No military press, pull-down behind head, or wide grip bench)

Return to Activity

Computer	Early weeks
Golf	3 months (chip and putt only); 6 months full swing
Tennis	5 months
Contact Sports	6 months

LUCAS G. TESKE, M.D.

141 Hillcrest Drive | Clarksville, TN 37043 | Phone: 931.552.4340 | Fax : 931.552.0999