

Protocol for:

- **Posterior Labrum Repair**

Wear Sling for 8 weeks

- No rehab for 4 weeks

Return to Activities:

•Computer •Eating •Holding a book •Typing •Writing	Immediately
• Golf (Chip and Putt Only)	9 Weeks
• Golf (Full Swing)	4 Months
• Tennis	4 Months
• Throwing	6 Months

Rehab:

Phase I (Passive ROM)	Weeks 4 - 5	<ul style="list-style-type: none"> • Pendulums to warm up • Passive ROM <ul style="list-style-type: none"> • Supine ER – 30 degrees • Supine FF – Full in Scapular Plane • IR to Belt line
Phase II (Active/Assistive)	Weeks 6 - 8	<ul style="list-style-type: none"> • Pendulums to warm up • Active Assistive ROM with Passive stretch to: <ul style="list-style-type: none"> ○ Supine → Seated FF - full ○ ER with arm in Adduction to 30 ○ IR gradually increase to full by 12 weeks
Phase III (Resisted)	Weeks 9 - 12	<ul style="list-style-type: none"> • Pendulums to warm up and continue with Phase II • ER and IR • Standing Forward Punch • Seated Rows • Bicep Curls • Bear Hugs • PRE's for Periscapular Strengthening
Weight Training	Week 12	<ul style="list-style-type: none"> • Avoid Posterior Capsular Stress!! • Keep hands within eyesight, Keep elbows bent • Minimize overhead activities • No military press, pull downs behind back, or wide grip bench press

ROM – Range of Motion

ER – External Rotation

FF – Forward Flexion

IR – Internal Rotation

PRE's – Progressive Resistance Exercises