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## **Arthroscopic Posterior Shoulder Stabilization/Labral Repair**

### **Phase I (Weeks 0-4): No ROM**

- Sling immobilization at all times (**in flexion, abduction and 0° of rotation**) except for showering and rehab under guidance of PT
  - Range of Motion – **None for Weeks 0-4**
  - Therapeutic Exercise
    - Elbow/Wrist/Hand Range of Motion
    - Grip Strengthening
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### **Phase II (Weeks 4-6): Passive ROM**

- Sling immobilization at all times (**in flexion, abduction and 0° of rotation**) except for showering and rehab under guidance of PT
  - Range of Motion: **Begin passive ROM**
    - Restrict motion to 90° of Forward Flexion
    - 90° of Abduction
    - External rotation at side to tolerance
    - Internal Rotation to stomach
  - Therapeutic Exercise
    - **Starting Week 4:** Begin passive ROM activities: Codman's, Anterior Capsule Mobilization
    - Elbow/Wrist/Hand Range of Motion
    - Grip Strengthening
  - Heat/Ice before and after PT sessions
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### **Phase II (Weeks 6-8): Active ROM**

- Sling immobilization: for comfort only (may discontinue)
- Range of Motion – Begin **AAROM/AROM**
  - Goals: 135° of Forward Flexion, 120° of Abduction, Full External Rotation
- Therapeutic Exercise
  - Continue with Phase I exercises
  - Begin active-assisted exercises – Deltoid/Rotator Cuff Isometrics
- Modalities per PT discretion

### **Phase III (Weeks 8-12): Begin Strengthening**

- Sling immobilization: Discontinued
  - Range of Motion – Continue **AAROM/AROM**
    - Goals: 140° of Forward Flexion, 120° of Abduction, Full External Rotation
  - Therapeutic Exercise
    - Continue with Phase I+II exercises
    - Begin resistive exercises for Rotator Cuff/Scapular Stabilizers/Biceps and Triceps (keep all strengthening exercises below the horizontal plane during this phase – utilize exercise arcs that protect the posterior capsule from stress)
  - Modalities per PT discretion
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### **Phase IV (Weeks 12-16): Full ROM and Strengthening**

- Range of Motion – Progress to full AROM without discomfort
  - Therapeutic Exercise
    - Emphasize Glenohumeral Stabilization, External Rotation and Latissimus eccentrics
    - Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises
    - Begin UE ergometer/endurance activities
  - Modalities per PT discretion
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### **Phase IV (Months 4-6): Sports-Specific Rehab**

- Range of Motion – Full without discomfort
  - Therapeutic Exercise – Continue with strengthening
    - Sport/Work specific rehabilitation – Plyometric and Throwing/Racquet Program
    - Continue with endurance activities
    - Return to throwing at 4 ½ months--Throw from pitcher's mound at 6 months
    - **Return to sports at 6 months if approved**
  - Modalities per PT discretion
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