



**Δρ. Χρήστος Κ. Γιαννακόπουλος**

Ορθοπαιδικός Χειρουργός, Διδάκτωρ Πανεπιστημίου Αθηνών

Πύργος Αθηνών, Κτίριο Γ', 2<sup>ος</sup> όροφος, Λεωφ. Μεσογείων 2-4, Αθήνα 115 27

**Τηλ.:** 210 7712792 | **Κινητό:** 697 20 999 11 | **E-mail:** cky@orthosurgery.gr

# Arthroscopic Posterior Labral Repair

## POST-OP REHABILITATION

### Phase I: *(Day 1 to Week 6)*

#### **Goals:**

- Allow soft tissue healing
- Diminish pain and inflammation
- Initiate protected motion
- Protect excessive internal rotation, posterior translation  
*(when supine - support posterior capsule)*
- Retard muscle atrophy
- Protect and teach biceps traction on repair

#### **Week 0 -2:**

- Abduction sling for first 4 weeks
- Sling at night for 4 weeks
- Any signs of Capsulitis - NOTIFY MD***

#### ∞ **Exercises:**

- Hand gripping exercises
- Elbow and wrist ROM
- AROM of cervical spine
- Passive and AAROM Exercises:
  - ∞ Elevation to 90 degrees
  - ∞ IR in scapular plane (45 Degrees by 2 weeks)
  - ∞ ER in scapular plane (75 degrees by 2 weeks)
  - ∞ Rope and Pulley (Flexion), AAROM
- Cryotherapy to control pain
- Submaximal isometrics
- Rhythmic Stabilization Exercises at 7 days
- Proprioception and Neuromuscular control drills

#### **Week 3-4:**

- ∞ Sling without abduction pillow
- ∞ Range of Motion Exercises (AAROM, PROM, AROM)

Elevation to advanced to 160 degrees  
External rotation relaxes posterior capsule  
IR, in scapular plane, to full motion  
ER, in scapular plane, to 75 degrees by week 4  
At week 4, begin ER/IR at 90 degrees of abduction

∞ **Strengthening Exercises:**

Initiate LIGHT isotonic Program  
ER/IR Exercise tubing (Zero degree of abduction)  
Continue Dynamic Stabilization Drills  
Scapular strengthening exercises  
Biceps/Triceps strengthening - less than 50% MAX  
PNF D2 Flex/Ext manual resistance  
∞ **Continue use of Cryotherapy and modalities to control pain**

**Week 5-6:**

∞ Discontinue use of sling - except for at risk environment (ie school)  
∞ **Continue** exercises listed above  
∞ **Progress ROM to:**  
Elevation to 145-160 degrees by week 6  
ER at 90 degrees abduction 75-85 degrees  
IR at 90 degrees abduction 65-70 degrees  
∞ **Initiate Throwers Ten Strengthening Program**

**PHASE II - INTERMEDIATE PHASE (Week 7 - 12)**

**Goals:**

Restore full ROM Week 7  
Restore functional ROM Week 10-11  
Normalize arthrokinematics

**Week 7-8:**

∞ **Progress ROM to the Following:**  
Elevation 180 degrees  
ER at 90 ABD to 90-100 (week 8)  
IR at 90 ABD to 70-75 degrees

- ∞ **Continue strengthening program**
  - ∞ **Allow to advance biceps strengthening as pain permits (no overhead biceps strengthening until week 10)**
  - ∞ **Strengthening Exercises:**
- Continue Throwers Ten  
 Continue Manual Resistance, Dynamic Stabs,  
 Initiate Plyometrics (Two hand drills)

**Week 9-12:**

- ∞ **Progress ROM to the overhead athlete's demands**  
 (Complete gradually from weeks 9 to 12)
  - ∞ **Strengthening Exercises**
- Progress Isotonic Program

**PHASE III - ADVANCED ACTIVITY AND STRENGTHENING PHASE  
 (weeks 12-20)**

**Goals:** Improve strength, power, endurance  
 Enhance neuromuscular control  
 Functional activities

**Criteria to enter Phase III:**

- ∞ Full range of Motion
- ∞ No pain or tenderness
- ∞ Muscular strength 80% of contralateral side

**Week 12-16:**

- ∞ **Continue all strengthening exercises**
- May initiate more aggressive strengthening (begin at 20% max)
- Push ups  
 Shoulder press  
 Bench press  
 Pull downs  
 Single Arm Plyometrics  
 Isometrics  
 Plyometrics  
 Neuromuscular control / dynamic drills

- ∞ Self capsular stretching, AROM, Passive Stretching
- ∞ Initiate Interval Sports Program (sports specific)

**Week 16 - 20:**

- ∞ Continue all strengthening exercises
- ∞ May begin strenuous exercises that load the posterior joint.
- ∞ May resume normal training
- ∞ Continue sports specific strengthening program
- ∞ Progress interval program

**PHASE IV: RETURN TO ACTIVITY PHASE week 22-26:**

**Goals:** Gradual return to unrestricted activity

Maintain static and dynamic stability of shoulder

**Criteria to enter Phase IV:**

- ∞ Full functional Range of Motion
- ∞ No pain or tenderness
- ∞ Satisfactory Muscular strength
- ∞ Satisfactory Clinical exam

**Exercises:**

Continue ROM

Continue Strength

Competition