Post-Operative Rehabilitation Guidelines for Posterior Stabilization/Labral Repair

0-4 Weeks: Abduction or External Brace x4 weeks
Grip Strength, Elbow/Wrist/Hand ROM
Codmans Exercises

4-6 Weeks: Discontinue brace at 4 weeks unless otherwise indicated
Begin Passive→AAROM→AROM
Restrict FF to 90º, ER at side to tolerance
IR to stomach., No cross body adduction
No Manipulations per therapist
Begin Isometric exercises with arm at side
  Deltoid/Scapular
  ER/IR (submaximal) with arm at side
Begin strengthening scapular stabilizers

6-12 Weeks: Increase ROM to within 20º of opposite side. No manipulations per Therapist. Encourage patient to work on ROM daily.
Cont. Isometrics
Once FF to 140º, Advance strengthening as tolerated: isometrics \( \rightarrow \) bands \( \rightarrow \) light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers.
Only do strengthening 3times/wk to avoid rotator cuff tendonitis Closed chain exercises.

3-12 Months: Advance to full painless ROM
Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
Begin sports related rehab at 3 months, including advanced conditioning
Return to throwing at 4 ½ months
Throw from pitcher’s mound at 6 months
MMI is usually at 12 months