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Post-Operative Rehabilitation Guidelines for
Arthroscopic Posterior Shoulder 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 90°, 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 20° of opposite side. No manipulations per Therapist. Encourage patient to work on ROM daily.
- Continue Isometrics
- Once FF to 140°, Advance strengthening as tolerated: isometrics → bands → 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 (if applicable)
- Throw from pitcher's mound at 6 months (if applicable)