

Posterior Shoulder Capsule/Labral Repair and Glenoid Bone Grafting Rehabilitation Protocol Addendum

Phase One

Postoperative Day 1 to Postoperative Week 6

Goals:

1. **Protect the repair site**
2. **Minimize use of shoulder/upper extremity**
3. **Improve pain**

Precautions:

1. No active/passive shoulder motion for 1st 4 weeks
2. Maintain sling at all times

Areas of Focus:

1. Weeks 0-4
 - a. Sling x 4 weeks
 - b. Elbow, wrist, and hand ROM starting POD #1
 - i. Grip Strengthening, wrist ROM/strengthening, Elbow active and active-assisted ROM
 - ii. Blood Flow Restriction (Elbow Flexion/Extension)
 - iii. Contralateral arm Progressive Resistance Exercises
 - c. Deltoid Isometrics
 - d. Modalities PRN
2. Weeks 4-6
 - a. Initiate formal physical therapy intervention
 - b. Wean from sling
 - c. Passive ROM for shoulder flexion and pendulum exercises
 - d. If pool therapy available:
 - i. Shoulder active and active-assisted ROM for flexion, extension, horizontal elbow flexion, and extension
 - ii. Avoid adduction past neutral

Phase Two/Three

Postoperative Week 6 to 12

Goals:

1. **Protect repair site while initiating range of motion**
2. **Initiate strengthening/coordination**
3. **Scapular coordination and training**

Precautions:

4. Avoid aggressive and weight-bearing progressive resistance exercises

Areas of Focus:

1. Weeks 6-12
 - a. Posterior rotator cuff, latissimus dorsi, and scapular muscle strengthening (focus on eccentric training)
 - b. TheraBand exercises started Week 8-10
 - c. Progress ROM from arm at side to arm in 45 degrees abduction
 - d. Modalities PRN