



POSTERIOR INSTABILITY REPAIR (LABRAL STABILIZATION) Physical Therapy Protocol

Patient Name: _____ Date of Surgery: _____

Procedure: Right / Left Shoulder Posterior Stabilization

_____ Evaluate and Treat

_____ Provide patient with home program

Frequency: _____ x/week x _____ weeks

_____ **Phase I (0-6 weeks):** *Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). Motion and strengthening exercises are performed within strict motion limits.*

• **Weeks 0-3: No formal PT**

- Shoulder immobilizer should be worn at all times (except for hygiene and pendulums).
- Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).

• **Weeks 3-6: Begin formal PT (2-3 x/week)**

- Sling at all times (except for hygiene and PT).
- **ROM:** Restrict motion to 90 deg FF / IR to the stomach / ER as tolerated with arm at side.
No cross-body adduction.
 - Progress PROM → AAROM → AROM as tolerated within the above limits.
 - Heat before, ice after.
- **Strengthening:** Cuff/periscapular/deltoid isometrics in sling, within above motion limits.

_____ **Phase II (6-12 weeks):** *Advance active motion and strengthening.*

- D/C sling if cleared by MD.
- **ROM:** Progress active ROM to within 20 degrees of opposite side; avoid aggressive passive stretching in forward flexion, cross-body adduction and IR.
- **Strengthening:**
 - Progress cuff/deltoid and periscapular strengthening: isometrics → bands → light weights (1-5 lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/week to avoid cuff tendonitis*).
 - Modalities as per PT discretion.

_____ **Phase III (3-12 months): Progress to sport/occupation-specific rehab.**

- D/C sling if cleared by MD.
- **ROM:** Passive stretching at end ranges if full motion not yet achieved, as tolerated.
- **Strengthening/Activities:**
 - Continue bands/light weights as above, 3x/week.
 - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*) and progress to sport-specific/job-specific exercises by 4 months.
- **Throwers:**
 - @ 4.5 months, may begin light-tossing if full-strength and motion.
 - @ 6 months throw from the pitcher's mound and/or return to collision sports (hockey, football, etc.).
- **Work:**
 - Overhead work without lifting is usually possible @ 4.5-6 months.
 - Can resume heavy labor once full-strength achieved (usually 6-9 months).

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

This patient _____ would _____ would not benefit from social services.

Physician Name: _____ Date: _____