



Sports Medicine, Joint Preservation & Cartilage Restoration

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HIP, KNEE, SHOULDER, ELBOW

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POSTERIOR STABILIZATION/LABRAL REPAIR

Rehab Protocol

Weeks 0-4:

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

Weeks 4-6:

- 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

Weeks 6-12:

- Increase ROM to within 20° of opposite side. No manipulations per Therapist. Encourage patient to work on ROM daily. Cont. 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

Months 3-13:

- 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



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