# Shoulder Instability

## Arthroscopic Posterior Labral Repair Physical Therapy Protocol

**Christopher S. Ahmad**  
Office (212) 305-5561  
Fax (212) 305-4040

**Louis U. Bigliani, MD**  
Office (212) 305-5564  
Fax (212) 305-0999

**William N. Levine, MD**  
Office (212) 305-0762  
Fax (212) 305-4040

**Charles M. Jobin, MD**  
Office (212) 305-6445  
Fax (212) 305-4040

Appointment Scheduling  
(212) 305-4565

Mailing Address:  
622 West 168th Street, PH-11  
New York, NY 10032

Office Locations:  
16 East 60th Street  
New York, NY 10022

161 Ft. Washington Ave.  
New York, NY 10032

500 Grand Avenue  
Englewood, NJ 07631

---

**WEEK 0-3**  
- Pendulums, ROM elbow, wrist and hand  
- PROM: scapular plane elevation to 90dg; ER to neutral  
- Scapula AROM: elevation and retraction  
- AVOID IR and ADDuction  
- AVOID posterior stress

**WEEK 3-4**  
- PROM: scapular plane elevation to 140dg; ER to 30dg  
- AAROM: scapular plane elevation and ER to above limits  
- Pulleys  
- Scaption isometrics @ 30dg (against gravity)  
- AVOID IR and ADDuction  
- AVOID posterior stress

**WEEK 4-6**  
- PROM: scapular plane elevation to 165dg; ER to 40dg  
- AROM: scaption- supine @ 4wks, standing @ 5wks  
- Sidelying ER  
- Bodyblade: scaption @ 0dg, ER * not aggressive*  
- Dynamic weightbearing on ball (bilateral)  
- AVOID IR and ADDuction  
- AVOID posterior stress

**WEEK 6-8**  
- PROM: scapular plane elevation to full; ER to 60dg  
- ER/IR with resistive tubing  
- ER/IR standing with weight  
- Resisted scaption  
- Upper Body Ergometer  
- PNF D2 diagonal – AROM to light resistance

**WEEK 8-10**  
- PROM: to tolerance including cocking (ER @ 90dg ABD)  
- Bodyblade horizontal abd/add  
- Supine cocking with weight (eccentric emphasis)  
- Supine PNF D2 diagonal with weight (eccentric emphasis)  
- Dynamic weightbearing on ball (unilateral)

**WEEK 10+**  
- Rebounder cocking and backhand toss  
- Push ups  
- Increase speed of training  
- Increase emphasis on eccentric control of cocking