

**Post-Operative Rehabilitation Guidelines for  
Posterior 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.  
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.
- 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  
Throw from pitcher's mound at 6 months  
MMI is usually at 12 months