**BATTERS SHOULDER POSTERIOR / POSTERIOR INFERIOR LABRAL REPAIR REHAB PROTOCOL**

• NO POSTERIOR LOADING OR INFERIOR TRACTION FOR AT LEAST FOUR MONTHS POSTOP

PHASE 1 : Weeks 0-4

• Full time external rotation sling

• No use of the operative arm

• Come out of sling daily for wrist / elbow ROM to avoid stiffness otherwise sling full time. Can come out of sling for showers as well. Must sleep in sling.

• Start PT for passive ROM only in the scapular plane to 90 degrees. No internal rotation past 30 degrees; no adduction.

PHASE 2 : Weeks 4-6

• Continue full time external rotation sling until week 6 then ween out of sling

• Continue no use of operative arm

• Can progress passive ROM in the scapular plane greater than 90 deg. Still no internal rotation past 30 degrees and no adduction

• Can begin gentle assisted active ROM in the scapular plane up to 90 deg

PHASE 3: Weeks 6-10

• Can begin full passive and active ROM in all directions

• Attention to scapular kinematics while performing active ROM

• At week 8 can begin isometric exercises in mid range positions for muscle activation

• At week 8 can start using arm for light daily activities with no lift, carry, push, pull more than 2-3 pounds

• Can begin lower extremity strengthening as long as no use of upper extremity during these exercises

PHASE 4: Weeks 10-16

• Continue with Phase 3 active and passive ROM work

• Can begin isotonic strengthening but only if near full ROM

• Scapular control kinematic exercises

• Introduce core strengthening exercises (NO PLANKS; NO POSTERIOR LOADING)

• Can begin jogging at Week 12

• Can begin throwing program at Week 12 if operative shoulder is not the throwing shoulder.

PHASE 5: Weeks 16-24

• Continue with isotonic strengthening, core strengthening, scapular strengthening, and running progression. Avoid excessive posterior loading or excessive inferior traction.

• If operative shoulder is not the throwing shoulder then can begin hitting program at Week 16. If operative shoulder is throwing shoulder then begin throwing program first followed by start of of hitting program four weeks later if progressing with throwing program.

• Two Month Hitting Program:

 o Recommend following (or similar) : Monti, R: The International Journal of Sports Physical Therapy | Volume 10, Number 7 | December 2015 | Page 1059-1073

 ? This is a 14 Step program recommended to be performed over 8 week period with each step performed twice with a rest day between days hitting

PHASE 6: RETURN TO FULL PRACTICE

• This phase should only occur after successful completion of an 8 week hitting program and no sooner than six months postop