



Arthroscopic Posterior Capsular Plication/Posterior Labral Repair
Dr. Souster

External Rotation Sling for the first 6 weeks. Passive forward elevation in the scapular plane and passive external rotation in the scapular plane may be started at 2 weeks for labral repairs and 4 weeks for capsular plications. No true forward elevation or internal rotation until 6 weeks post-op. The sling is discontinued at 6 weeks and range of motion work is advanced by the physical therapist. Resistance strength is started at 10-12 weeks post-op. The patient is generally released to sports at 6-9 months post-op depending sports activity.