

REHABILITATION PROTOCOL: ARTHROSCOPIC SHOULDER POSTERIOR STABILIZATION

□ Phase 1 (Weeks 0-6)

- Sling immobilization at all times except for showering and rehab under guidance of PT
 - Shoulder position in flexion, abduction and 0° rotation
- Range of motion
 - None for 3 weeks
 - Weeks 3-6: passive ROM- restrict to 90° of forward flexion, 90° of abduction, and 45° of internal rotation
- Therapeutic exercises
 - Elbow, wrist, hand range of motion
 - Grip strengthening
 - Starting week 3: PROM activities such as Codman and anterior capsule mobilization
- Heat/ ice before and after physical therapy sessions

□ Phase 2 (Weeks 6-12)

- Sling immobilization for comfort only
- Range of motion: PROM → AAROM → AROM
 - Increase to 135° of forward flexion, 120° of abduction, full external rotation
- Therapeutic exercises
 - Continue with Phase 1 exercises
 - Begin active assisted exercises- deltoid/ rotator cuff isometrics
 - Starting week 8: resistive exercises for rotator cuff/ scapular stabilizers/ biceps and triceps (keep exercises below horizontal plane during this phase- utilize exercise arcs that protect the posterior capsule from stress)
- Modalities per PT discretion

□ Phase 3 (Weeks 12-16)

- Range of motion
 - Progress to full AROM without discomfort
- Therapeutic exercises
 - Advance Phase 2 exercises
 - Emphasize glenohumeral stabilization, external rotation and latissimus eccentrics
 - Begin UE ergometer/ endurance exercises
- Modalities per PT discretion

□ Phase 4 (Months 4-6)

- Range of motion
 - Full without discomfort
- Therapeutic exercises
 - Sport/ work specific rehabilitation- plyometric and throwing/ racquet program
 - Return to sports at 6 months if approved
- Modalities per PT discretion