



ORTHOPAEDICS

Posterior Shoulder Stabilization Rehab Guidelines

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The intent of this protocol is to provide the therapist with guidelines of the post-operative rehabilitation course after an arthroscopic posterior shoulder stabilization procedure. It should not be a substitute for one's clinical decision making regarding the progression of the patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of post-operative complications. The therapist should consult the referring physician with any questions or concerns.

INDIVIDUAL CONSIDERATIONS:



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PHASE I (0- 6 WEEKS):

Goals:

- Control inflammation and pain
- Use cryocuff 3-4 times per day

Sling:

- Wear ER brace continuously (including sleep and showering) for 6 weeks

Therapeutic Exercises:

- PROM / AROM of elbow and wrist only
- Ball squeezes
- PROM in scapular plane to 45 degrees only

PHASE II (6-8 WEEKS):

Goals:

- Full, painless PROM in forward flexion and external rotation

Sling:

- The ER brace may be removed at 6 weeks
- Simple sling for comfort only



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Therapeutic Exercises:

- PROM
- o Full passive forward flexion in the scapular plane
- o Full external rotation at the side and in abduction
- o Internal rotation to posterior belt line

PHASE III (8-12 WEEKS):

Criteria:

- Full passive external rotation and forward flexion in scapular plane

Goals:

- Achieve full, painless PROM and AROM
- Begin gentle stretching at 10 weeks

Therapeutic Exercises:

- AROM in all planes
- Maintain PROM in FF and ER
- Progress with passive IR to full
- Glenohumeral joint and scapular mobilization to regain full motion
- Gentle stretching to regain full motion
- May begin gentle stretching at 10 weeks



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- o Biceps curls
- o Triceps extensions
- o Lat pull-downs
- o Seated row
- o Shoulder shrug
- o No push-ups or bench press!!!

PHASE IV (12-16 WEEKS):

Criteria:

- Full, painless PROM and AROM

Goals:

- Maintain full PROM and AROM
- Optimize neuromuscular control
- Progress with strengthening

Therapeutic Exercises:

- Continue strengthening as above
- Increase weight as tolerated
- ER/IR strengthening with sports band (Theraband)



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PHASE V (4 MONTHS+):

Criteria:

- Full, painless PROM and AROM in all planes

Goals:

- Maintain full PROM and AROM
- Progress with strengthening
- Return to sports at 5 months
- Begin weight lifting, avoiding stress to posterior capsule

Therapeutic Exercises:

- Continue with passive stretching as needed to maintain full PROM
- Progress with strengthening
- May begin incline bench-pressing with wide grip (low weight, high repetitions)
- Avoid standard bench pressing and push-ups for at least 6 months post-op

Return to Sports:

- May return to sports at 5-6 months when ROM is symmetric and painless and
- strength is 90% of contra-lateral side