

NAME: \_\_\_\_\_ DOS: \_\_\_\_\_

FREQUENCY/DURATION: \_\_\_ TIMES PER WEEK FOR \_\_\_ WEEKS

## **Arthroscopic Posterior Shoulder Stabilization**

### **Phase 1 (Weeks 0-6)**

- Sling Immobilization:** At all times, (0° flexion, no to slight abduction, and 0° of rotation; “gunslinger” type), except for showering and rehab
- Range of Motion:**
  - None - days 1-21
  - Weeks 3-6: begin passive ROM, restriction of motion to 90° of forward flexion, 90° of abduction and 45° of internal rotation; gentle anterior capsule mobilizations only, no posterior mobilizations; avoid terminal IR stress
- Therapeutic Exercises:**
  - Elbow/wrist/hand range of motion
  - Grip strengthening
  - Week 3: begin passive ROM activities: Codman’s, anterior capsule mobilization
- Modalities:** PRN, ice/heat

### **Phase 2 (Weeks 6-12)**

- Sling Immobilization:** for comfort only
- Range of Motion:**
  - Begin AAROM/AROM
  - Continued protection of posterior capsule
  - Goals: 135 degrees of forward flexion, 120 of abduction, full external rotation
- Therapeutic Exercises:**
  - Continue with Phase 1 exercises
  - Begin active assisted exercises- deltoid/rotator cuff isometrics
  - Week 8: Begin resistive exercises for rotator cuff/scapular stabilizers/biceps and triceps (keep all strengthening exercises below the horizontal plane during this phase- use exercises arc that prevent stress to post. Capsule ie. Excessive adduction or forward flexion)
- Modalities:** PRN, per PT discretion

### **Phase 3 (Weeks 12-16)**

- Range of Motion:**
  - Progress to full AROM without discomfort (Gradual restoration of full IR)
- Therapeutic Exercise:**
  - Advance Phase II exercises
  - Emphasize GH stabilization, ER and latissimus eccentrics
  - Begin UE ergometer/endurance activities
- Modalities:** Per PT discretion

### **Phase 4 (Months 4-6)**

- Range of motion:**
  - Full without discomfort
- Therapeutic Exercises:**
  - Continue with advanced strengthening, plyometrics (strengthening 3x per week)
  - Sport/work specific rehabilitation if strength scores >75%
  - Return to graduated throwing program at 4.5-5 months
  - Return to sports at 6 months if approved by MD