

Rehabilitation Protocol: Arthroscopic Posterior Shoulder Stabilization

Phase I (Weeks 0-6)

- Sling immobilization at all times (**in flexion, abduction and 0° of rotation**) except for showering and rehab under guidance of PT
- Range of Motion – **None for Weeks 0-3**
 - o **Weeks 3-6:** Begin passive ROM - Restrict motion to 90° of Forward Flexion, 90° of Abduction, and 45° of Internal Rotation
- Therapeutic Exercise
 - o Elbow/Wrist/Hand Range of Motion
 - o Grip Strengthening
 - o **Starting Week 3:** Begin passive ROM activities: Codman's, Anterior Capsule Mobilization
- Heat/Ice before and after PT sessions

Phase II (Weeks 6-12)

- Sling immobilization for comfort only
- Range of Motion – Begin AAROM/AROM
 - o Goals: 135° of Forward Flexion, 120° of Abduction, Full External Rotation
- Therapeutic Exercise
 - o Continue with Phase I exercises
 - o Begin active-assisted exercises – Deltoid/Rotator Cuff Isometrics
 - o **Starting Week 8:** Begin resistive exercises for Rotator Cuff/Scapular Stabilizers/Biceps and Triceps (keep all strengthening exercises below the horizontal plane during this phase – utilize exercise arcs that protect the posterior capsule from stress)
- Modalities per PT discretion

Phase III (Weeks 12-16)

- Range of Motion – Progress to full AROM without discomfort
- Therapeutic Exercise – Advance Phase II exercises
 - o Emphasize Glenohumeral Stabilization, External Rotation and Latissimus eccentrics
 - o Begin UE ergometer/endurance activities
- Modalities per PT discretion

Phase IV (Months 4-6)

- Range of Motion – Full without discomfort
- Therapeutic Exercise – Continue with strengthening
 - o Sport/Work specific rehabilitation – Plyometric and Throwing/Racquet Program
 - o Continue with endurance activities
 - o Return to sports at 6 months if approved
- Modalities per PT discretion