

# Sheena Black, MD

Orthopedic Surgeon

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## ARTHROSCOPIC POSTERIOR SHOULDER STABILIZATION

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
<b>Phase I</b>  <b>Weeks 0-6</b> PT 1- 2x/week HEP daily	Edema and pain control  Protect surgical repair	<b>0-3 weeks:</b> None  <b>3-6 weeks:</b> Begin PROM Limit: - Flexion 90° - IR 45° - Abduction 90°	Sling at all times including sleep Remove for hygiene & exercises	<b>0-3 weeks:</b> Elbow/wrist ROM, grip strengthening at home only  <b>3-6 weeks:</b> Begin PROM activities  Codman's, avoid stretch of posterior capsule; closed chain scapula
<b>Phase II</b>  <b>Weeks 6-12</b>  PT 2- 3x/week HEP daily	Protect surgical repair  Avoid posterior capsular stretch	Begin A/AAROM PROM to tolerance  Goals: - Full ER - Flexion 135° - Abduction 120°	D/C sling at 6 weeks	Continue Phase I exercises  Begin active assisted exercises Deltoid & rotator cuff isometrics at 8 weeks  Begin resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff *
<b>Phase III</b>  <b>Weeks 12-16</b>  PT 2- 3x/week HEP daily		Gradual return to full AROM	None	Advance Phase II exercises Emphasize ER and latissimus eccentrics Glenohumeral stabilization  Begin muscle endurance activities (upper body ergometer)  Cycling/running as tolerated at 12 weeks
<b>Phase IV**</b>  <b>4-5 months</b>  PT 1x/week HEP daily		Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening  Begin plyometric and throwing/ racquet program, continue with endurance activities  Maintain ROM and flexibility
<b>Phase V</b>  <b>5-7 months</b>  HEP daily	Return to play	Full	None	Progress IV exercises  Return to full activity as tolerated

\* Utilize exercise arcs that protect the posterior capsule from stress during resistive exercises. Keep all strengthening exercises below the horizontal plane in Phase II

\*\* Limited return to sports activities

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**IF QUESTIONS: PLEASE CALL 469-800-7200**