



Arthroscopic Posterior Shoulder Stabilization

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
Phase I Weeks 0-6 PT 1-2x/week HEP daily	Edema and pain control Protect surgical repair	0-3 weeks: None 3-6 weeks: Begin PROM Limit: - Flexion 90° - IR 45° - Abduction 90°	Sling at all times including sleep Remove for hygiene & exercises	0-3 weeks: Elbow/wrist ROM, grip strengthening at home only 3-6 weeks: Begin PROM activities Codman's, avoid stretch of posterior capsule; closed chain scapula
Phase II Weeks 6-12 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 *
Phase III Weeks 12-16 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
Phase IV** 4-5 months 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
Phase V 5-7 months 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