

## **Rehabilitation Protocol: Arthroscopic Posterior Shoulder Stabilization**

**Name:** \_\_\_\_\_  
**Date:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_  
**Diagnosis:** \_\_\_\_\_

### **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**
  - **Weeks 3-6:** Begin passive ROM - Restrict motion to 90° of Forward Flexion, 90° of Abduction, and 45° of Internal Rotation
- **Therapeutic Exercise**
  - Elbow/Wrist/Hand Range of Motion
  - Grip Strengthening
  - **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**
  - Goals: 135° of Forward Flexion, 120° of Abduction, Full External Rotation
- **Therapeutic Exercise**
  - Continue with Phase I exercises
  - Begin active-assisted exercises – Deltoid/Rotator Cuff Isometrics
  - **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**
  - Emphasize Glenohumeral Stabilization, External Rotation and Latissimus eccentrics
  - 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
  - Sport/Work specific rehabilitation – Plyometric and Throwing/Racquet Program
  - Continue with endurance activities
  - Return to sports at 6 months if approved
  - Modalities per PT discretion

**Comments:**

**Frequency:** \_\_\_\_\_ **times per week**    **Duration:** \_\_\_\_\_ **weeks**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_