

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

Goals:

- Allow healing of repaired capsule
- Initiate early protected and restricted range of motion
- Retard muscular atrophy
- Decrease pain/inflammation

Range of Motion – **None for Weeks 0-2**

o **Weeks 2-6:** Begin passive ROM - Restrict motion to 120° of Forward Flexion, 45° of Abduction, passive External Rotation at side as tolerated

o **No** Internal Rotation

Therapeutic Exercise

o Elbow/Wrist/Hand Range of Motion

o Grip Strengthening

o **Starting Week 2-3:** Begin passive ROM activities: Codman's, Anterior Capsule Mobilization
Heat/Ice before and after PT sessions

Phase II (Weeks 6-12)

Discontinue Sling immobilization

Goals:

- Gradually re-establish range of motion
- Normalize arthrokinematics
- Increase strength
- Improve neuromuscular control
- Enhance proprioception and kinesthesia

Range of Motion – Begin AAROM → AROM

o Week 6-7: 135° of Forward Flexion, 120° of Abduction, Full External Rotation, No Internal rotation

o Week 8-10: 160° of Forward Flexion, 120° of Abduction, Full External Rotation, Internal Rotation in Adduction to stomach

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)
- o Muscle strengthening
 - Rotator cuff strengthening – 3 times per week, 8-12 repetitions for three sets
 - o Continue with closed-chain isometric strengthening
 - o Progress to open-chain strengthening with low weight dumbbells or equivalent
 - Exercises performed with the elbow flexed to 90°
 - Starting position is with the shoulder in the neutral position of 0° forward elevation, abduction, and external rotation
 - Exercises are performed through an arc of 45° in each of the five planes of motion
 - Internal rotation
 - External rotation
 - Abduction
 - Forward elevation
 - Strengthening of scapular stabilizers
 - o Continue with closed-chain strengthening exercises
 - o Advance to open-chain isotonic strengthening exercises

Modalities per PT discretion

Phase III (Weeks 12-24)

Criteria to Enter Phase III:

- 1) Full, non-painful ROM
- 2) No pain/tenderness
- 3) Strength 70% contralateral side

Goals

- Improve shoulder strength, power, and endurance
- Improve neuromuscular control and shoulder proprioception
- Restore full shoulder motion
- Establish a home exercise maintenance program that is performed at least three times per week for both stretching and strengthening

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
- o Week 16: Sport/Work specific rehabilitation – Plyometric and Throwing/Racquet Program
- o Return to sports at 6 months if approved

Modalities per PT discretion