



**Posterior Instability Postoperative Rehabilitation Protocol**

**Instructions for Therapist**

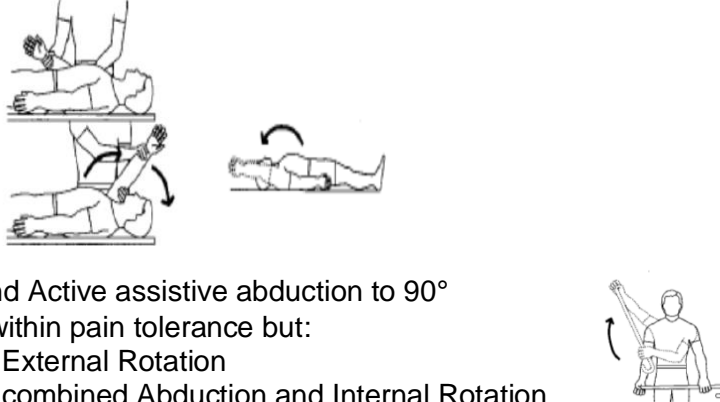
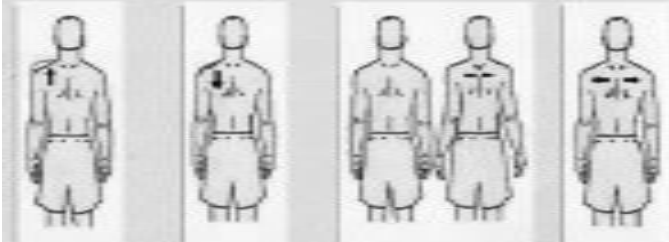
The MOON Shoulder Group is a collection of shoulder experts who study the best methods to treat patients after surgery for shoulder instability. Your patient is part of a group of patients being closely followed in order to determine which patients have the best and worst outcomes after surgery.

The patient is to begin therapy 2 weeks after surgery

The patient should work with therapist 1-3x per week until released by surgeon.

**Do not add or skip any part of this program. If you have concerns please contact your surgeon.**

Goals	The two main goals of this physical therapy program are to:  1. Have full active and passive range of motion by 3 months after surgery 2. Return to sport by 18-24 weeks after surgery
Sling Usage	Patients must wear their sling at all times, except when showering/bathing for 6 weeks. This does include while they are sleeping.
Ice/ Cryo Cuff	We encourage the use of the ice or the cryo cuff to help control pain and inflammation after surgery.
Questions/ Concerns	If you have questions or concerns, please contact your surgeon.

0-2 weeks	Wrist and Elbow ROM only
2 weeks	<ul style="list-style-type: none"> <li>• Passive and Active assistive forward elevation to 90°</li> </ul>
4 weeks	<ul style="list-style-type: none"> <li>• Passive and Active assistive forward elevation to 120°</li> </ul>  <ul style="list-style-type: none"> <li>• Passive and Active assistive abduction to 90°</li> <li>• Isometric within pain tolerance but:           <ul style="list-style-type: none"> <li>○ No External Rotation</li> <li>○ No combined Abduction and Internal Rotation</li> </ul> </li> </ul>
6 weeks	<ul style="list-style-type: none"> <li>• May discontinue sling usage, unless in a crowd, or on slipper surface</li> <li>• Unlimited Passive and Active assistive forward elevation</li> <li>• May begin active motion in all planes</li> <li>• Progressive Resistive Exercise but no ER or IR</li> <li>• Scapular stabilizers – Elevation / Depression / Retraction / Protraction</li> </ul>  <ul style="list-style-type: none"> <li>• Therapist may perform anterior glide joint mobilization but not posterior mobilization to facilitate full range of motion if needed</li> </ul>
8 weeks	<ul style="list-style-type: none"> <li>• Passive / Active assistive internal rotation to 30° with arm at side</li> <li>• Passive / Active assistive internal rotation at 45° abduction to 30°</li> <li>• Continue progressing other active motions</li> </ul>
12 weeks	<ul style="list-style-type: none"> <li>• Passive / Active Internal Rotation is not limited</li> <li>• May slowly progress to resisted exercises with therabands</li> </ul>
14 weeks	<ul style="list-style-type: none"> <li>• May begin sport specific exercise</li> <li>• Therapist may perform posterior glide joint mobilization if necessary to gain full functional motion</li> <li>• Progressive Resistive Exercises - Add External Rotation and Internal Rotation</li> </ul>
20-24 weeks	<ul style="list-style-type: none"> <li>• Return to play sports with approval of physician</li> </ul>