

Posterior Shoulder Stabilization Protocol

	Phase I: weeks 1-3	Phase II: weeks 4-6	Phase III: weeks 7-8
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • Sling immobilizer in neutral rotation with abduction pillow <u>at all times</u> except for showering and during PT/HEP • Non-weight-bearing 		<ul style="list-style-type: none"> • Wean sling immobilizer
Aerobic	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • None
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • ROM <ul style="list-style-type: none"> ▸ Pendulum exercises ▸ Full hand, wrist, and elbow AROM ▸ Protect posterior capsule from stretch, limit IR, and horizontal adduction to neutral • Wrist and grip strengthening 	<ul style="list-style-type: none"> • Continue Phase I exercises as necessary • ROM <ul style="list-style-type: none"> ▸ AAROM FF to 90° in scapular plane (wand exercises) ▸ AAROM ER to 45° (wand exercises) ▸ Limit IR and horizontal adduction to neutral • Manual scapular side-lying exercises • No cross-arm adduction 	<ul style="list-style-type: none"> • Continue Phase II exercises as necessary • ROM <ul style="list-style-type: none"> ▸ AAROM FF to 120° in scapular plane ▸ AAROM ER to tolerance (do not force) ▸ AAROM for IR to stomach • Begin latissimus and scapular strengthening while protecting posterior capsule • Begin humeral head stabilization exercises • Begin pain-free sub-maximal isometrics with arm at side (FF, ER, IR, abduction, adduction)
Other	<ul style="list-style-type: none"> • Heat before and/or ice after PT sessions as needed • Modalities as needed to reduce pain, swelling, and for muscle re-education • Home Exercise Program (HEP) per discretion of Physical Therapist 		
Goals	<ul style="list-style-type: none"> • Pain and inflammation control • Protection of tissue healing • Minimize joint stiffness 	<ul style="list-style-type: none"> • Continue protection of tissue healing • Minimize pain and inflammation • Progress ROM within above limitations 	<ul style="list-style-type: none"> • Continue protection of tissue healing • Progress ROM within above limitations • Begin light strengthening

	Phase IV: weeks 8-12	Phase V: weeks 12+
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • WBAT 	
Aerobic	<ul style="list-style-type: none"> • May begin stationary bike • May begin elliptical machine at week 8 	<ul style="list-style-type: none"> • Begin walk-jog-run progression • Progress to advanced conditioning as tolerated
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • Continue Phase III exercises as necessary • ROM <ul style="list-style-type: none"> ▸ Begin AROM progressing to full FF and ER ▸ Begin AAROM IR with arm in 45° of abduction and progress to active IR ▸ No manipulations by PT ▸ Encourage patients to do ROM exercises daily • Progress scapular and glenohumeral exercises • Strengthening <ul style="list-style-type: none"> ▸ Begin once achieved AROM FF 140° and progress as tolerated (pain-free) ▸ Progress from isometrics to bands to light weights (1-5 lbs,) ▸ Begin isotonic rotator cuff and deltoid strengthening ▸ 2-3 sets of 8-12 reps for rotator cuff, deltoid, and scapular stabilizers with low abduction angles ▸ ≤ 3x per week to avoid rotator cuff tendonitis ▸ Closed chain exercises 	<ul style="list-style-type: none"> • Continue Phase IV exercises as necessary • Progress to full ROM as tolerated • Continue upper extremity strengthening with emphasis on eccentric exercises • Advance ER and IR strengthening in 90/90 position • Begin plyometrics (eg. weighted ball toss) • Begin proprioception (eg. Bodyblade) • Begin sport-specific or activity-specific program including advanced conditioning
Other	<ul style="list-style-type: none"> • Heat before and/or ice after PT sessions as needed • Modalities as needed to reduce swelling and for muscle re-education • Home Exercise Program (HEP) per discretion of Physical Therapist 	
Goals	<ul style="list-style-type: none"> • Advance ROM • Advance strengthening • Advance home exercise program 	<ul style="list-style-type: none"> • Progress to pain-free sport-specific or activity-specific program • Full ROM

Other Sport-Specific Restrictions

- May return to throwing 4.5 months (18 weeks) after surgery
- May begin push-ups at 4.5 - 6 months (18-24 weeks)
- May return to pitching from a mound 6 months (24 weeks) after surgery
- May return to contact sports 6-9 months after surgery