

# Rehabilitation Protocol: Arthroscopic Posterior Shoulder Stabilization

## Dr Shane Hanzlik

### 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
  - o 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 or Work specific rehabilitation - Plyometric and Throwing/Racquet Program
  - Continue with endurance activities
  - Return to sports at 6 months if approved
  - Modalities per PT discretion