

## Posterior Shoulder Stabilization Protocol

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

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

### 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