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Name: _____ Date: _____
Diagnosis: _____ Date of Surgery: _____

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

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

○ 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

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Modalities per PT discretion

Phase IV (Months 4-6)

Range of Motion – Full without discomfort

Therapeutic Exercise – Continue with strengthening

- Sport/Work specific rehabilitation – Plyometric and Throwing/Racquet Program
- Continue with endurance activities
- Return to sports at 6 months if approved

Modalities per PT discretion