

PHYSICAL THERAPY PROTOCOL: Arthroscopic Posterior Shoulder Stabilization

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks

Phase 1 → 0-3 Weeks Post-op

- Sling in neutral rotation for 3 weeks (padded abduction sling)
- Codman exercises, elbow and wrist ROM
- Wrist and grip strengthening

Phase 2 → 3-6 Weeks Post-Op

- Sling worn during daytime only

Range of Motion/Goals:

- PROM → AAROM → AROM for forward flexion 90 degrees, internal rotation to stomach
- External rotation at side as tolerated

Exercises:

- Begin isometrics with arm at side – FF/ER/IR/ABD/ADD
- Start scapular motion exercises (traps, rhomboids etc.)

Heat before PT, ice after PT per therapist's discretion

Phase 3 → 6-12 Weeks Post-Op

- May d/c sling

Range of Motion:

- Increase ROM to within 20 degrees of opposite side; no manipulations per therapist; encourage ROM work daily

Exercises:

- When at 140 degrees active forward flexion, advance strengthening as tolerated: isometrics → bands → weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers with low abduction angles
- Limit strengthening to 3x/week to prevent rotator cuff tendonitis
- Closed chain exercises

Phase 4 → 3-12 Months Post-Op

- Advance to full ROM as tolerated

Exercises:

- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
- Begin sports related rehab and advanced conditioning at 3 months
- Return to throwing at 4 ½ months
- Push-ups at 4 ½ - 6 months
- Throw from pitcher's mound at 6 months