

**POSTERIOR SHOULDER STABILIZATION REHABILITATION PROGRAM**  
(TO BE GIVEN TO PHYSICAL THERAPIST)

	<b>RANGE OF MOTION</b>	<b>SLING</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I:</b> 1-3 WEEKS POST-OP	<ul style="list-style-type: none"> <li>• PROM               <ul style="list-style-type: none"> <li>○ NONE</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Immobilized in sling with abduction pillow at all times, neutral rotation to a few degrees of ER, may be removed for exercises and showering.</li> <li>• Wear sling at night.</li> </ul>	<ul style="list-style-type: none"> <li>• No Pendulums</li> <li>• Cervical ROM</li> <li>• Begin scapula musculature isometrics / sets</li> <li>• Elbow, wrist, hand ROM</li> <li>• Ball squeezes</li> <li>• General conditioning: bike, treadmill, etc.</li> </ul>
<b>PHASE II:</b> 3-6 WEEKS POST-OP	<ul style="list-style-type: none"> <li>• Gradually increase PROM</li> <li>• Forward Flexion: 90°</li> <li>• Abduction: 90°</li> <li>• Internal Rotation: 45°</li> <li>• External Rotation: 90°</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to wear sling with abduction pillow at all times, neutral rotation to a few degrees of ER, may be removed for exercises and showering.</li> <li>• Week 5 may begin wearing sling for comfort</li> <li>• Out of sling by Week 6</li> </ul>	<ul style="list-style-type: none"> <li>• Codman's Pendulums</li> <li>• Anterior Capsule Mobilization</li> <li>• Submaximal pain free shoulder isometrics in the plane of the scapula               <ul style="list-style-type: none"> <li>○ Flexion</li> <li>○ Abduction</li> <li>○ Extension</li> <li>○ External Rotation</li> <li>○ No Internal Rotation yet</li> </ul> </li> </ul>
<b>PHASE III:</b> 6 - 12 WEEKS POST-OP	<ul style="list-style-type: none"> <li>• Progress to near full ROM</li> </ul>	<ul style="list-style-type: none"> <li>• Transition out of sling</li> </ul>	<ul style="list-style-type: none"> <li>• Begin AAROM exercises</li> <li>• Pulleys</li> <li>• Joint Mobilizations (no posterior glides)</li> <li>• Rotator Cuff isometrics</li> <li>• Deltoid Isometrics</li> <li>• Initiate IR isometrics in slight ER (do not perform past neutral)</li> <li>• Progress with periscapular strengthening</li> <li>• Progress to AROM by Week 8</li> </ul>
<b>PHASE IV:</b> 12-16 WEEKS POST-OP	<ul style="list-style-type: none"> <li>• Progress to full ROM without discomfort</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Continue stretching and strengthening with resistance bands</li> <li>• Can begin pushups</li> <li>• Progress free weight exercises (low weight, high reps)</li> <li>• IR/ER: sidelying</li> <li>• Supraspinatus: scapular plane</li> <li>• Shoulder flexion: through pain free range of motion</li> <li>• Arm ergometer/cycle for endurance exercise</li> </ul>

	RANGE OF MOTION	SLING	THERAPEUTIC EXERCISE
<b>PHASE V:</b> 16+ WEEKS POST-OP	<ul style="list-style-type: none"> <li>• Full ROM without discomfort</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Begin practicing skills at a low intensity level for specific sport</li> <li>• For throwers, initiate a throwing program</li> <li>• Tennis may begin serves</li> <li>• Total body conditioning/ergometer cycle</li> </ul>