

## POSTERIOR SHOULDER STABILIZATION REHABILITATION PROGRAM

(TO BE GIVEN TO PHYSICAL THERAPIST)

	RANGE OF MOTION	SLING	THERAPEUTIC EXERCISE
<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>

<p><b>PHASE V:</b>  <b>16+ WEEKS</b>  <b>POST-OP</b></p>	<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>
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