

Arthroscopic Posterior Stabilization  
Physical Therapy Protocol

**EXPECTED RECOVERY:**

- Start formal physical therapy approximately 2 weeks after surgery (at the discretion of your physician)
- Use sling for 4-6 weeks after surgery for all activities including sleeping (physician will determine the length of time based on the status of the repair at the time of surgery).
- Return to school/desk type work approximately 4-5 days following surgery.
- Return to use of shoulder for typical household chores by 6-8 weeks after surgery.
- Return to heavy occupational/laborer activities or sports approximately 4-6 months.

\* If Bankart or SLAP repairs associated, NO ACTIVE resisted biceps exercises first 6 weeks.

**RECOVERY / RECUPERATION PHASE: WEEKS 1 - 4**

- \* Immobilization as instructed except for exercises
- \* Elbow A/AAROM: flexion and extension.
- \* Protect posterior capsule from stretch. Limit IR, Horiz ABD, to scapular plane.
- \* Modalities (i.e. CryoCuff) PRN.
- \* Wrist and gripping exercises.
- \* Deltoid isometrics.
- \* Grip strengthening

**WEEKS 4 - 6**

- \* At 4 weeks PROM: pulley for flexion, pendulum exercises.
- \* Forward flexion and abduction limited to 90°.
- \* Pool exercises: A/AAROM flexion, extension, horiz., elbow flex & extension, NO Adduction past neutral
- \* Deltoid isometrics.
- \* Lightly resisted elbow flexion.
- \* Continue with wrist ex.
- \* Modalities PRN.
- \* Discontinue sling at 4-6 weeks.

**WEEKS 6 - 12**

- \* 6-10 weeks, gradual A/AA/PROM to improve IR with arm at side.
- \* Progress flexion to 160°.
- \* 10-12 weeks, A/AA/PROM to improve IR with arm in 45° abduction.
- \* Pool exercises AROM all directions below horizontal, light resisted motions in all planes.
- \* AROM activities to restore flexion, IR, horiz ADD.
- \* Deltoid, Rotator Cuff isometrics progressing to isotonics.
- \* PRE's for scapular muscles, latissimus, biceps, triceps.

## Arthroscopic Posterior Stabilization Physical Therapy Protocol

- \* PRE's work rotators in isolation (use modified neutral).
- \* Joint mobilization (posterior glides).
- \* Emphasize posterior cuff, latissimus, & scapular muscle strengthen, stress eccentrics.
- \* Utilize exercise arcs that protect anterior capsule from stress during PRE's.
- \* Keep all strength exercises below the horizontal plane in this phase.

### *WEEKS 12 - 16*

- \* AROM activities to restore full ROM.
- \* Restore scapulohumeral rhythm.
- \* Joint mobilization.
- \* Aggressive scapular stabilization and eccentric strengthening program.
- \* PRE's for all upper quarter musculature (begin to integrate upper extremity patterns). Continue to emphasize eccentrics and glenohumeral stabilization. All PRE's are below the horizontal plane for non-throwers.
- \* Begin isokinetics.

### *WEEKS 16 - 24*

- \* Begin muscle endurance activities (UBE).
- \* Continue with agility exercises.
- \* Advanced functional exercises.
- \* Isokinetic test.
- \* Functional test assessment.
- \* Full return to sporting activities.

\*please send progress notes