

POSTERIOR SHOULDER STABILIZATION REHABILITATION PROGRAM

(TO BE GIVEN TO PHYSICAL THERAPIST)

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

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