



## Post-Operative Rehabilitation for Arthroscopic Posterior Stabilization

### Phase I: Weeks 0-6

#### GOALS:

- **Protect anatomic repair**
- **Prevent negative immobilization**
- **Diminish pain and inflammation**
  
- Sling
  - 0-2 Weeks: Worn at all times, including sleep. May remove for showering and exercises.
  - 2-6 Weeks: Worn during the day. May remove at night, for showering and exercises
- ROM/Exercises
  - Week 0-3
    - NO Shoulder ROM
    - Elbow, wrist, hand ROM. May do grip strengthening
  - Weeks 3-6
    - Begin PROM
      - **Limit** Flexion to 90°, IR to 45°, Abduction 90°
    - Codman's, posterior capsule mobilization, closed chain scapular exercises
    - AVOID stretching of anterior capsule
  - Cryotherapy, modalities as indicated

### Phase II: Weeks 6-12

- Sling- May discontinue use
- ROM
  - Begin AROM/AAROM
    - GOALS: Full ER, Flexion 135°, Abduction 120°
  - PROM to tolerance
- Exercises:
  - Continue Phase I exercises
  - *At 8 weeks:* Add active assisted exercises, deltoid/ rotator cuff isometrics
  - Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff
    - **Utilize exercise arcs that protect the anterior capsule from stress during**

**resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II**

**Phase III: Weeks 12-16**

- ROM
  - Gradual return to FULL AROM
- Exercises:
  - Advance Phase II exercises, with focus on ER and latissimus eccentrics
  - May begin upper body ergometer, muscle endurance activities
  - Bike/running as tolerated at 12 weeks

**Phase IV: 4-5 Months**

- ROM:
  - Full and Pain free
- Exercises:
  - Aggressive scapular stabilization and eccentric strengthening
  - Begin plyometric program
  - Throwing./racquet sport progressions
  - Continue with overall strength and endurance exercise

**Phase V: 5-7 months**

- ROM
  - Full and pain free. Flexibility maintained.
- Exercises:
  - Progress Phase IV exercises
  - Return to full activity/sport when cleared by MD