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SPECIALIZING IN SHOULDER & KNEE SURGERY

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## Physical Therapy Protocol: Post-operative Posterior Shoulder Stabilization

**Diagnosis : (Left) / (Right) Shoulder Arthroscopic Posterior Stabilization / SLAP Repair**

### RECOVERY / RECUPERATION PHASE: WEEKS 1 - 6

- Immobilization x 4-6 weeks except for exercises as listed below/ Modalities as needed
- Do not D/C Sling until 6 weeks
- PROM with abduction in plane of scapula (no forward elevation) and cane/broomstick external rotation  
starting at 4-5 weeks postop
- Codman's, pendulums in sling. **No active or passive IR. No active elbow flexion/extension x 6 wks.**
- Grip strengthening & gentle passive elbow flexion/extension exercises
- GENTLE ANTERIOR CAPSULAR STRETCHING WHEN WARM @ 4 WEEKS (External Rotation)
- PROTECT POSTERIOR CAPSULE from stretch - **limit IR to neutral**

### PHASE II: WEEKS 6 - 12

- Active and active - assisted forward elevation, abduction, ER / IR. Use good arm to help operated arm.
- Weeks 6 - 8: Internal rotation to 10°-15° with arm at side & in 90° abduction
- Weeks 8 - 10: IR to 45° with arm at side & at 45° abduction
- Weeks 10 - 12: IR to 60° with arm in 45° abduction
- Begin deltoid & rotator cuff isometric exercises at 8 weeks. Progress to isotonic.
- Low weight 4-8 oz. IR/ER exercises slowly introduced at weeks 8-10.
- Scapular mobilizations, periscapular strengthening exercises (emphasize rhomboids & serratus), Continue with  
scapula strengthening, increase arc motion & continue with wrist / forearm strengthening
- Continue with ANTERIOR CAPSULE STRETCHING when warm
- **Keep all strengthening exercises below the horizontal until 3 months postop**

- NO PASSIVE STRETCHING IN IR, ADDUCTION, OR FORWARD ELEVATION OUTSIDE OF SCAPULAR PLANE. PROTECT POSTERIOR CAPSULE.

- Discard gunslinger sling/brace at 6 weeks

### **LIMITED RETURN TO ACTIVITY PHASE: WEEKS 12 - 20**

- AROM activities to restore full ROM. Restore Scapulo-humeral rhythm. Continue anterior capsule stretching

- At 16-18 weeks begin sport specific activities: gentle throwing, golf swing forehand / backhand. Limited return

to sports at 16 weeks.

- Continue muscle endurance activities & begin isokinetics for rotator cuff
- Progress from modified neutral into abduction for cuff PRE's
- Aggressive scapula strengthening and eccentric strengthening program
- Begin plyometric training for overhead athletes

### **FULL RETURN TO SPORT PHASE: WEEKS 22 - 26**

- Advance throwing / racquet program
- Continue with endurance activities. Maintain ROM / flexibility.

- Begin to return to sports at \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

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