



## Rehabilitation Protocol: Arthroscopic Posterior Shoulder Stabilization

	<b>RANGE OF MOTION</b>	<b>IMMOBILIZER</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0-4 weeks</b>	Begin passive motion: Limit flexion to 90° Limit abduction to 90° IR to 45° No cross-body adduction.	Worn at all times except for hygiene and therapeutic exercise	Elbow/wrist/hand ROM, grip strength.
<b>PHASE II 4-6 weeks</b>	Begin Active / Active-Assisted with same limits.	Sling for comfort.	Begin Isometrics in neutral with elbow at side. Strengthen rotator cuff and scapular stabilizers.
<b>PHASE III 6-12 weeks</b>	Progress to full active and passive motion.	None.	Advance strengthening to Theraband. Progress to light weights. Start UBE for endurance and strength.
<b>PHASE IV 12-16 weeks</b>	Full painless motion.	None.	Advance resistive exercises. Emphasize ER and latissimus eccentrics and glenohumeral stabilization.
<b>PHASE V 4-6 months</b>	Full painless motion	None.	Begin functional sport/work specifics. Plyometrics, proprioception, Return to previous activity level.

### LOCATIONS

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