



REHABILITATION GUIDELINES POSTERIOR STABILIZATION (OPEN OR ARTHROSCOPIC CAPSULOGRAPHY OR LABRAL REPAIR)

IMMOBILIZATION x6 WEEKS

WEEK 1

DOS:

- Elevation in scapular plane, full.
- External rotation, full.
- Passive range of motion without stretching posterior capsule
- Pendulums to warm up.
- No cross chest stretch.
- No resisted ER if open procedure, resisted ER permitted if arthroscopic.

6 WEEKS POST-OP

DATE:

- Discharge sling
 - Start AROM
 - Forward elevation (anterior deltoid).
 - Posterior elevation (posterior deltoid).
 - External rotation / Internal rotation.
 - Shrugs, rows.
- *Emphasize External Rotation stretch.

8 WEEKS POST-OP

DATE:

- Strength training. Start with therabands, advance as needed
- Avoid posterior capsular stress (e.g., bench press)

RETURN TO ACTIVITIES

DATE:

- Computer: as told
- Golf: 12 weeks
- Contact Sports: 6 Months