



REHABILITATION GUIDELINES
POSTERIOR SHOULDER STABILIZATION

0-4 WEEKS POST-OP

DOS:

- Immobilized in 30° abduction, slight extension. Slight IR position ok for a **minimum** of three weeks
- Immediate neck, elbow, wrist and hand AROM
- Isometric exercises for deltoid and rotator cuff week 1

2-4 WEEKS POST-OP

DATE:

- Scapular stab training for retraction/depression
- Add active and active-assisted range of motion exercises with emphasis on elevation in the scapular plane and regaining external rotation
- No forward flexion to protect post tissue

4-6 WEEKS POST-OP

DATE:

- **NO** motion in the sagittal plane (i.e. forward flexion) to protect the posterior tissues
- Avoid excessive internal rotation

6-8 WEEKS POST-OP

DATE:

- May start forward flexion
- Progress all motion to full by week 8
- Add light resistive exercises at 6 weeks with emphasis on scapular/RTC stab and correct scapulohumeral movement patterns
- Ok to start posterior capsule mobilization
- Initiate light CKC activities at 6 weeks if tolerated

8-12 WEEKS POST-OP

DATE:

- Progress CKC activities as tol
- Initiate strengthening beyond 90deg elevation as tol and with appropriate scapulohumeral movement patterns
- Progress to sport or work specific training at 12 weeks as tol

Athlete may return to activity at 3-4 months if strength and muscle coordination is appropriate for sport and cleared by MD