

Posterior Shoulder Stabilization Rehab Program

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Immediate Post-op to 4 weeks, 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

Post-op Week 2-4, Begin 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

Post-op Week 4-6 Begin Date:

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

Post-op Week 6-8, Begin 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

Post-op Week 8-12, Begin 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