

POSTERIOR STABILIZATION
(OPEN OR ARTHROSCOPIC CAPSULORRHAPHY OR
LABRAL REPAIR)
SHOULDER REHABILITATION
Dr. Bienz

IMMOBILIZATION: (6 Weeks)

GUNSLINGER

Slight extension, 0 degree rotation.

Then sling for 1 week.

DOS: _____

Week 1, Begin Date: _____

- 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.

Week 6, Begin Date: _____

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

Week 8, Begin Date: _____

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

Return to activities, Begin Date: _____

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