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

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