

Posterior Shoulder Instability Repair Post op Rehab

Weeks 2-4: Phase I

Sling immobilizer at all times except for showering and exercise

Exercises:

- AROM elbow/wrist
- PROM ER to 30°
- Gripping exercises
- Scapular isometrics
- Pain free submaximal deltoid isometrics (start week 3)

**Protect posterior capsule from stretch, limit IR and horizontal adduction to neutral

Weeks 4-6: Phase II

Sling immobilizer at all times except for showering and exercise

Exercises:

- Active assisted ER to 45° (wand exercises)
- Active assisted flexion in scapular plane to 90° (wand exercises)
- Manual scapular side-lying exercises
- Pain free submaximal deltoid and IR/ER isometrics

**Limit IR and horizontal adduction to neutral

Weeks 6-8: Phase III

Sling immobilizer at all times except for showering and exercise-Discontinue at week 8

Exercises:

- Active assisted FF in scapular plane to 120°
- Active assisted ER to tolerance – do not force
- Begin active assisted ROM for internal rotation
- Scapular strengthening , protecting posterior capsule
- Begin latissimus strengthening
- Begin humeral head stabilization exercises
- Deltoid and RTC isometrics with emphasis on posterior cuff

Weeks 8-12: Phase IV

Exercises:

- Begin active range of motion forward flexion and ER, progressing to full
- Continue scapular and glenohumeral exercises as above
- Begin active assisted ROM for IR w/ arm in 45° of abduction at 8 weeks, then active IR
- Begin isotonic RTC and deltoid strengthening

Weeks 12-18: Phase V

Exercises:

- Continue full upper extremity strengthening emphasizing eccentrics
- Progress for full functional ROM
- Advance IR/ER strengthening to 90/90 position
- Activity specific plyometrics
- Begin sport or activity related program