

# ARTHROSCOPIC POSTERIOR STABILIZATION REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
<b>PHASE I</b> 0-6 Weeks	<b>0-2 weeks:</b> None  <b>2-6 weeks:</b> begin PROM- gentle to begin  Limit 90° flexion, 45° IR, 90° abduction	<b>0-2 weeks:</b> Worn at all times day and night**  Off for hygiene and gentle exercise only, keeping arm in neutral position with hygiene  <b>2-6 weeks:</b> Worn daytime only**	<b>0-2 weeks:</b> elbow/wrist ROM, grip strengthening, closed chain scapula, <i>gentle</i> pendulums  <b>2-6 weeks:</b> begin PROM activities – anterior capsule mobilizations; avoid stretch of posterior capsule; closed chain scapula, deltoid/rotator cuff isometrics  *Lower body, core, and gentle stationary bike okay if arm in sling and not being used
<b>PHASE II*</b> 6-12 Weeks	Begin AAROM/AROM, progress PROM to tolerance  <b>Goals:</b> Full external rotation, 135° flexion, 120° abduction	None	Continue Phase I work; begin active-assisted exercises  Begin resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff
<b>PHASE III</b> 12-16 weeks	Gradual return to full AROM	None	Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization, advance from bands to light weights as tolerated  Begin muscle endurance activities (upper body ergometer)  Elliptical/running/cycling okay at 12 wks
<b>PHASE IV</b> 4-5 months	Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening  Begin plyometric and throwing/sports program, continue with endurance activities
<b>PHASE V</b> 5-7 months	Full and pain-free	None	Progress Phase IV activities, return to full activity as tolerated

\*Utilize exercise arcs that protect the posterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane, in Phase II

\*\*May remove sling if arm is supported on chair/desk/table (ie desk work, eating)

\*\*\*Patient protocols may vary. Please follow patient-specific script if modified

For throwers, we recommend scheduling a throwing assessment after 5 months postop with our Sports Performance team to guide progression to a safe return to sport program: <https://www.rushortho.com/specialties-services/sports-performance-and-recovery/throwing-assessment/>

