
Shoulder Arthroscopy: Posterior Instability Repair Protocol

0-4 WEEKS POST-OP: Recovery/Recuperation Phase

- Immobilization for 4 weeks except for exercises
- Elbow A/AAROM: flexion and extension.
- Protect posterior capsule from stretch. Limit IR and Horiz ABD to scapular plane.
- Modalities (i.e. CryoCuff) PRN.
- Wrist and gripping exercises.
- Deltoid isometrics.
- Grip strengthening

4-6 WEEKS POST-OP

- At 4 weeks PROM: pulley for flexion, pendulum exercises.
- Pool exercises: A/AAROM flexion, extension, horiz., elbow flex & extension, NO Adduction past neutral
- Deltoid isometrics.
- Lightly resisted elbow flexion.
- Continue with wrist exercises.
- Modalities PRN.
- Discontinue sling at 4-6 weeks.

6-12 WEEKS POST-OP

- 6-10 weeks, gradual A/AA/PROM to improve IR with arm at side.
- Progress flexion to 160°.
- 10-12 weeks, A/AA/PROM to improve IR with arm in 45° abduction.
- Pool exercises AROM all directions below horizontal, light resisted motions in all planes.
- AROM activities to restore flexion, IR, horiz add.
- Deltoid, Rotator Cuff isometrics progressing to isotonic.
- PREs for scapular muscles, latissimus, biceps, triceps.
- PREs work rotators in isolation (use modified neutral).
- Joint mobilization (posterior glides).
- Emphasize posterior cuff, latissimus, & scapular muscle strengthen, stress eccentrics.
- Utilize exercise arcs that protect anterior capsule from stress during PRE's.
- Keep all strength exercises below the horizontal plane in this phase.

12-16 WEEKS POST-OP

- AROM activities to restore full ROM. Begin isokinetics.
- Restore scapulohumeral rhythm.
- Joint mobilization.
- Aggressive scapular stabilization and eccentric strengthening program.
- PRE's for all upper quarter musculature (begin to integrate upper extremity patterns). Continue to emphasize eccentrics and glenohumeral stabilization. All PRE's are below the horizontal plane for non-throwers.

**Shoulder Arthroscopy:
Posterior Instability Repair Protocol (page 2)**

16-24 WEEKS POST-OP

- Begin muscle endurance activities (UBE).
- Continue with agility exercises.
- Advanced functional exercises.
- Isokinetic test.
- Functional test assessment.
- Full return to sporting activities.