

Rehabilitation Protocol: **Arthroscopic Posterior Shoulder Stabilization**

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 4 weeks	Begin passive motion: Limit flexion to 90° Limit abduction to 90° IR to 45° No cross-body adduction.	Worn at all times except for hygiene and therapeutic exercise.	Elbow/wrist/hand ROM, grip strength.
PHASE II 4 - 6 weeks	Begin Active / Active-Assisted with same limits.	None.	Begin Isometrics in neutral with elbow at side. Strengthen rotator cuff and scapular stabilizers.
PHASE III 6 - 12 weeks	Progress to full active and passive motion.	None.	Advance strengthening to Theraband. Progress to light weights. Start UBE for endurance and strength.
PHASE IV 12 - 16 weeks	Full painless motion.	None.	Advance resistive exercises. Emphasize ER and latissimus eccentrics and glenohumeral stabilization.
PHASE V 4 - 6 months	Full painless motion	None.	Begin functional sport/work specifics. Add bench press. Plyometrics, proprioception. 4mos: Return to noncontact practice, weight room low weight, high reps. 6mos: Return to powerlifting and contact sports.