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Rehabilitation Instructions Arthroscopic Posterior Stabilization

Immobilizer: Should be worn at all times (including sleeping) except for hygiene and therapeutic exercise for 4-6 weeks unless told otherwise by your physician.

Phase I (0-3 weeks):

- When in sling, keep arm at 30 degrees of external rotation
- May come out of sling but no internal rotation beyond 0 degrees

Range Of Motion (ROM):

- NONE at shoulder, ROM only for elbow, wrist, hand complex

Phase II (3-6 weeks):

- When in sling, keep arm in neutral to slight external rotation position

Range Of Motion (ROM):

- PROM
- Flexion limited to 90 degrees, IR 0 degrees and abduction 90 degrees

Strengthening Exercises:

- Elbow, wrist ROM strengthening
- Scapular strengthening exercises while protecting posterior capsule
- Isometric shoulder exercises within ROM limits
- Conditioning for legs and trunk allowed
- Stationary bike with sling OK for cardiovascular conditioning

Phase III (6-12 weeks):

- No forced end range stretching of posterior capsule with internal rotation or horizontal adduction.

Range Of Motion (AAROM):

- By 12 weeks, full external rotation, full flexion, full abduction,
- 45 degrees of internal rotation, allow full IR at 12 weeks

Strengthening Exercises:

- Initiate re-education of scapula and rotator cuff muscles.
- Walking or stationary bike 30 minutes per day
- Elastic band and isotonic strengthening, elbow, wrist, and hand exercises
- Rotator cuff isometrics

Phase IV (12-16 weeks):

Strengthening Exercises:

- Proprioception exercises
- Isotonic rotator cuff, deltoid and scapular exercises

Phase V (16-24 weeks):

Strengthening Exercises:

- Initiate plyometrics for upper extremities
- Sport specific training progression
- Return to sport (MD directed usually after 6 months)