



## **Deborah A. Faryniarz, MD Inc.**

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- FORUM, Society of Fellowship Trained Women in Orthopaedic Surgery
- Diplomate American Board of Orthopaedic Surgery
- Member American Orthopaedic Society for Sports Medicine
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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)