



Arthroscopic Posterior Stabilization  
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|  | PRECAUTIONS   | Shoulder ROM   | EXERCISES  |
|--|---|--|--|
| <b>Phase 1: 0-2 weeks</b><br>2-3x/week   | Ultrasling with bolster day and night                                   | none   | AROM of the neck, hand/grip, wrist, and elbow<br><br><b>**avoid active elbow flexion x 4-6 weeks if biceps tenodesis or SLAP repair. Perform active-assisted elbow motion instead**</b>  |
| <b>Phase 2: 2-6 weeks</b><br>2-3x/week   | Ultrasling with bolster day and night                                   | Limit:<br>ER 30°<br>IR 30°<br>Flex 90°<br>Extension 0°         | Continue Phase 1 exs.<br>Gentle Passive ROM in scapular plane<br><b>**PROM is NOT STRETCHING**</b><br>Pendulums<br>Scapular isometrics   |
| <b>Phase 3: 6-8 weeks</b><br>2x/week     | D/C Sling<br><br>MD will clear to drive<br><br>No aggressive stretching | Limit:<br>ER 60°<br>IR 60°<br>Flex 140°<br>Extension - limited | Gentle AAROM to AROM progressions<br>Light Elbow PRE's (arm at side)<br>RTC and Deltoid Isometrics<br>Light rows/ scap retraction  |
| <b>Phase 4: 8-12 weeks</b><br>1-2x/week  | none  | Full AROM  | Mid-range RTC PRE's below shoulder level<br>Gentle capsule mobilization<br>Rhythmic stabilization - begin with short lever arm week 8<br>Prone I, T, Y's<br>Improve scapular stabilization   |
| <b>Phase 5: 12-16 weeks</b><br>1-2x/week | none  | Full   | Rhythmic stabilization - begin with long-lever arm week 12<br>Increase weight/resistance of RTC and deltoid program<br>Small body blade<br>"Thrower's Ten" program<br>Stretch tight tissues  |
| <b>Phase 6: 16-24 weeks</b><br>1x/week   | none  | Full   | RTC strengthening in all planes (90/90)<br>Dynamic stabilization exercises<br>Plyometrics<br>Surgeon will give clearance for throwing program (5+ months)<br>Surgeon will give clearance for weight lifting (5+ months)<br>QuickDash <20% to return to work. |

MD post-op appts: 1 week, 2 weeks, 6 weeks, 12 weeks, 5 months. Please send PT progress notes prior to each one.

\*\*When possible, obtain operative report for exact extent of repair.

\*\* Decrease loads and strains on posterior capsule at least 10 weeks. **GO SLOW!!** Most young athletes are not going to get tight.

This protocol is not a substitute for clinical decision making of the health care professional.

Please see PT referral for any specific post-op instructions.