



Arthroscopic Posterior Stabilization  
 Dr. Brent Johnson  
 Ben Holman, PA-C  
 Midwest Orthopaedic Center — Peoria, IL

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