TWIN CITIES ORTHOPEDICS

Posterior Shoulder Stabilization Protocol

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Patient Name	Date of Surgery

Procedure: ☐ Right ☐ Left Shoulder Shoulder Posterior Stabilization

☐ **Evaluate and Treat** ☐ **Provide patient with home program**

Frequency:_____x/week x _____weeks

☐ **Phase I (0-6 wks):** *Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). Motion and strengthening exercises are performed within strict motion limits.*

- **Weeks 0-3: No formal PT.**
  - Shoulder immobilizer should be worn at all times (except for hygiene and pendulums).
  - Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).
- **Weeks 1-4: Begin formal PT (2-3 x/wk).**
  - Sling at all times (except for hygiene and PT).
  - ROM: Restrict motion to 90 deg FF / 20 deg ER at side / IR to stomach / 45 deg abduction.
    - Progress PROM g AAROM g AROM as tolerated within the above limits
    - Heat before, ice after.
  - Strengthening: Cuff/periscapular/deltoid isometrics in sling, within above motion limits. ***No resisted forward flexion or elbow flexion (biceps) until 6 weeks post-op to protect the biceps root.***

☐ **Phase II (4-8 wks):** *Progress to active motion and protected strengthening.*

- D/C sling if cleared by MD
- ROM: Progress AROM to 140 deg FF / 40 deg ER with arm at side / 60 deg ABD/IR behind back to waist.
- Strengthening:
  - Progress cuff/deltoid and periscapular strengthening (isometrics/light bands) within above motion limits. ***Do not begin light bands for forward flexion or elbow flexion until after 6 wks.***
  - Modalities as per PT discretion

☐ **Phase III (8-12 wks):** *Advance ROM and more aggressive strengthening.*

- ROM**:** Advance active and passive ROM to full with gentle passive stretching at end ranges. Progress to aggressive passive stretching after 10 wks if not at full motion.
  - Goal: full ROM by 3 months.
- Strengthening**:** Advance as tolerated from isometrics g bands g light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers *(Only do this 3x/wk to avoid cuff tendonitis)*

☐ **Phase IV (3-12 months):** *Progress to sport/occupation-specific rehab.*

- ROM**:** Aggressive passive stretching at end ranges if full motion not yet achieved.
- Strengthening/Activities**:**
  - Continue bands/light weights as above, 3x/wk.
  - Begin eccentrically resisted motions, plyometrics *(weighted ball toss)*, proprioception *(body blade)* and progress to sport-specific/job-specific exercises by 4 months.
- Throwing:
  - At 4.5 months, may begin light-tossing if full-strength and motion.
  - At 6 months throw from the pitcher's mound and/or return to collision sports (hockey, football, etc.).
- Work:
  - Overhead work without lifting is usually possible at 4.5-6 months
  - Resume heavy labor once full-strength achieved (usually by 6-9 months)

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.
This patient_____would_____would not benefit from social services.

Physician Signature	Date
Printed Name	