



Jordan M. Meiss, MD

Arthroscopic Posterior Stabilization

This information and protocol is a guideline, individual variations and changes will apply

| <u>Postop</u> | <u>Goals</u> | <u>Precautions</u> | <u>Exercises</u> |
|------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Weeks 0-4 PT 1-2x/week HEP daily | Edema and pain control Protect surgical repair Sling immobilization | Sling except shower & exercises Limit adduction & IR to neutral | Elbow, wrist, hand ROM Sidelying scapular stabilization Gripping exercises |
| Weeks 4-8 PT 2-3x/week HEP daily | Protect surgical repair FF 90°, ER 45°, IR 45° | Sling except shower & exercises DC sling at 6 weeks for ADLs Limit adduction to neutral Limit IR to 45° Avoid posterior capsule stretch | PROM FF 90 plane of scapula PROM ER 45° arm at side Closed chain scapular stabilization Submaximal biceps, triceps, deltoid, cuff ER, and IR isometrics Posture training |
| Weeks 8-12 PT 2-3x/week HEP daily | Full ROM Scapulohumeral rhythm Restore strength 5/5 | No sling Avoid painful ADL's Protect posterior capsule Avoid rotator cuff inflammation Avoid excessive passive stretch | Initiate AAROM IR Progress A/AAROM FF & ER Protect posterior capsule Progress scapular stabilization Begin cuff & latissimus strengthening Humeral head rhythmic stabilization Resistive exercise for scapula, biceps, triceps, and rotator cuff below horizontal plane |
| Weeks 12-20 PT 1x/week HEP daily | Full ROM and strength Improve endurance Prevent re-injury | No sling Avoid painful activities OK to cycle/run at 12 weeks No contact/racket/throwing sports | Advance UE strengthening as tolerated ER/IR in 90/90 position Begin upper body ergometer (UBE) Initiate plyometrics Sport specific activities Throwing/racquet program 4-5 months |
| Weeks 20+ HEP daily | Return to play | No restrictions Return to sport (MD directed) | Maintain ROM, strength, and endurance |