



Posterior Stabilization Post-Operative Protocol

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STAGE 0:

- Patient immobilized in sling 4 weeks
- **Avoid GH Adduction, IR, and Horizontal Adduction position for 8 weeks post-op (reaching to opposite shoulder). Also, avoid posterior glide activities for 10 weeks (i.e. 4 point)**
- Patient performing HEP: Pendulums, elbow and wrist AROM and cervical ROM exercises
- **START PT in 2 weeks**
 - Arthroscopic stabilization: AROM emphasized

STAGE 1 (WEEKS 1-3):

- AROM, AAROM if needed (pulley and cane)
 - Flexion to go0
 - ER at 30-45°; ABO to 25-30° (in scapular plane)
 - IR at 30 to 45°; ABD to 20°
- Shoulder isometrics-submaximal contraction (50%)
 - Flex, Abd, Ext and ER directions in neutral position
- Elbow and wrist PRE's
- Scapular exercises (sidelying scap facilitation-protraction, retraction, depression and elevation)
- CKC exercises-standing weight shifts
- Cryotherapy and modalities PRN

STAGE 2 (WEEKS 3-6):

- AROM, AAROM if needed (cane and pulley)
- Flexion to 120-140°
- Abduction go0
- IR at 45°; ABD to 35° (IR and ADD to stomach)

*******AVOID EXCESSIVE IR*******

- ER to tolerance at 45° of ABD
- **PROM ONLY IF go0 of ELEVATION IS NOT MET ACTIVELY**
- Scapulothoracic joint mobilizations

STAGE 3 (WEEKS 6-10):

- AROM, AAROM if needed: flexion to 160°, abduction to 150°, IR to stomach and ER to tolerance
- PROM ONLY IF 125° of elevation is NOT met actively
- **STRENGTHENING:** Initiate tubing punch, ER and abduction. Progress light resistance to PRE's, gradually increasing weight as tolerated (can progress ER to 45-50°), IR to stomach and abduction; 8 weeks prone clocks.
- Initiate bicep and tricep PRE's
- **Stabilization Program:** t-band, wall walk and wall push ups at 8 weeks
- Cryotherapy and modalities as needed

Goals: Full ROM by week 8, improve strength, and neuromuscular control

Criteria for Stage 3: Full pain-free ROM, No pain and strength 80% to contralateral side

STAGE 4 (WEEKS 10-16):

- AROM and AAROM as needed
- Capsular stretching as needed to get end ranges (12 weeks)
- **Strengthening:** Continue to increase weight as tolerated, progress overhead PRE's, progress to 90/90 unsupported strengthening if needed, and etc.
- **PNF initiated**
- **Plyometric training initiated**
- **Stabilization: 4 point to 3 point**
- Return to throwing program (toss to interval progression) by 4-5 months post-op

CRITERIA FOR DISCHARGE:

- ROM WNL
- Strength WNL as per functional demand