

## Arthroscopic Posterior Instability Repair

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Arthroscopic posterior capsulolabral repair is usually performed to treat posterior glenohumeral instability. Patients are discharged with a sling.

Patients wear a sling for a total of 4 weeks after surgery. Active use of the extremity is not permitted during this period. Range of motion is not pushed as aggressively because these patients do not routinely develop stiffness.

After the dressing is removed you may shower quickly and gently pat your shoulder dry with a clean towel. When in the shower you are to wear a sling to protect your shoulder from injury. If there is any drainage or concern about the healing of the incisions do not shower and just gently clean the surface of the shoulder with rubbing alcohol.

### Week 0-6

- No range of motion for 1<sup>st</sup> week after surgery
- During the 2<sup>nd</sup> week after surgery passive self-assisted supine elevation in the scapular plane and supine external rotation with the elbow at the side supported on pillows
- Range of Motion Goals
  - Week 0-2 – FE 90°, ER 0°
  - Week 3-4 – FE 120°, ER 20°
  - Week 5-6 – FE 145°, ER 45°
- **NO Internal rotation or cross chest adduction in first 6 weeks**
- Do not stretch beyond the listed goals of range of motion
- Isometric deltoid (anterior, middle, posterior) start week 2-4
- Scapular stabilization (rhomboid, trapezius, serratus anterior) start week 2-4
- Begin light active use after sling discontinued

### Week 6-12

- Begin internal rotation and cross body adduction
- If ROM goals easily met stop passive self-assisted stretching and gain further motion with active ROM exercises
- Active ROM- begin after 6 weeks
- Range of motion goal after 12 weeks is slight limitation of motion
- Progress strengthening with isometric deltoid, internal rotation, external rotation, scapular stabilizers
- Begin progressive isotonic resistance at 8-10 weeks post-op

### After Week 12

- Progressive resisted strengthening, closed chain, plyometric
- Note: Avoid posterior loading such as push-ups and bench press for the first 4 months