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**Arthroscopic Posterior Shoulder Stabilization Rehab Protocol**

**Weeks 2-6: Phase I**

- Sling Immobilizer: At all times (with waist strap) when not doing exercises
- Exercises: AROM elbow/wrist
- PROM ER to 30
- Gripping exercises
- Scapular isometrics
- Pain-free, submaximal deltoid isometrics (start at week 4)
- Protect posterior capsule from stretch
- Limit IR and horizontal adduction to neutral
- Modalities as needed
- Advancement Criteria: ER to 30deg
- Minimal pain and inflammation

**Weeks 6-8: Phase II**

- Sling Immobilizer: At all times (with waist strap) when not exercises
- Exercises: Active Assisted FF in scapular plane to 90: wand exercises
- Active Assisted ER to 45 degrees: wand exercises
- Limit IR and horizontal adduction to neutral
- Pain-free, submaximal deltoid and IR/ER isometrics
- Manual scapula side-lying exercises
- Modalities as needed
- Advancement Criteria: Minimal pain and inflammation
- ER to 45/ FF to 120
- IR/ ER strength 4/5

**Weeks 8-12: Phase III - Motion Phase**

- Sling Immobilizer: At all times (with waist strap) when not exercises, d/c sling at wk 8
- Exercises: Active assisted FF in scapular plane to 160
- Begin active FF in scapular plane if RTC and scapular strength adequate
- Active assisted ER to tolerance
- Begin active assisted ROM for IR w/ arm in 45deg abduction
- Scapular strengthening program, protecting posterior capsule
- Begin latissimus strengthening
- Deltoid and RTC isometrics, progressing to isotonic with emphasis on posterior cuff

- -stress eccentrics
- Begin humeral head stabilization exercises if strength adequate
- Begin upper extremity flexibility exercises
- Isokinetic training and testing
- Modalities as needed
- Advancement Criteria: Normal scapulohumeral rhythm
- Minimal pain and inflammation
- IR/ER strength 5/5
- Full upper extremity ROM
- Isokinetic IR strength 85% of unaffected side

### **Weeks 12-18: Phase IV**

- Exercises: Continue full upper extremity strengthening (emphasize eccentrics)
- Progress to full functional ROM
- Advance IR/ER strengthening to 90/90 position if required
- Continue upper extremity flexibility exercises
- Isokinetic strengthening and testing
- Activity-specific plyometrics program
- Address trunk and lower extremity demands
- Begin sport or activity-related program
- Modalities as needed
- Discharge Criteria: Pain-free sport or activity-specific program
- Isokinetic IR/ER strength equal to unaffected side
- Independent home exercise program

### **ADDITIONAL INFORMATION / INSTRUCTIONS:**

\*\* Please send progress notes.

**Please include Home Exercise Program**