

Non-Operative Rehabilitation for Posterior Shoulder Instability

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery : _____



Phase I – Acute Phase:

Goals:

- Decrease pain/inflammation
- Re-establish non-painful ROM
- Retard muscle atrophy

Decrease Pain/Inflammation:

- Therapeutic modalities (ice, heat, electrotherapy, etc.)
- NSAIDs
- GENTLE joint mobilization

ROM Exercises

- Pendulum
- Rope and pulley
- L-Bar
 - Flexion
 - Abduction
 - Horizontal abduction
 - External rotation

Strength Exercises

- Isometrics
 - Flexion
 - Abduction
 - Extension
 - External rotation
- *Weight Shifts (closed chain exercises)

Note: avoid any motion that may place stress on the posterior capsule such as excessive internal rotation, abduction or horizontal adduction

**Phase II – Intermediate Phase:****Goals:**

- Regain and improve muscular strength
- Normalize arthrokinematics
- Improve neuromuscular control of shoulder complex

Criteria to Progress to Phase II:

- Full ROM
- Minimal pain and tenderness

Initiate Isotonic Strengthening:

- Flexion
- Abduction to 90 degrees
- External rotation
- Internal rotation (from external rotation to 0 degrees)
- Supraspinatus
- Extension
- Horizontal abduction (prone)
- Push-ups

Initiate Eccentric (surgical tubing) Strengthening:

- External rotation (from 0 degrees to full external rotation)
- Internal rotation (from full external rotation to 0 degrees)

Normalize Arthrokinematics of Shoulder Complex:

- Continue joint mobilization
- Patient education of mechanics of activity/sport

Improve Neuromuscular Control of Shoulder Complex:

- Initiate proprioceptive neuromuscular facilitation
- Rhythmic stabilization drills

Continue Use of Modalities (as needed):

- Ice, electrotherapy modalities, etc.

○ **Phase III – Advanced Strengthening Phase:**

Goals:

- Improve strength/power/endurance
- Improve neuromuscular control
- Prepare athlete for activity

Criteria to Progress to Phase III:

- Full non-painful ROM
- No palpable tenderness
- Continued progression of resistive exercises

- Continue use of modalities as needed
- Continue anterior capsule stretch
- Continue isotonic/eccentric strengthening
- Emphasize PNF
- Initiate Isokinetics
 - Flexion/extension
 - Abd/adduction
 - Internal/external rotation
 - Horizontal Abd/adduction

Initiate plyometric training:

- Surgical tubing
- Medicine ball
- Wall push-up

Initiate Military Press

○ **Phase IV –Return to Activity:**

Goals:

- Maintain optimal level of strength/power/endurance
- Progressively increase activity level to return patient/athlete for full functional return to activity/sport

Criteria to Progress to Phase IV:

- Full ROM
 - No pain or tenderness
 - Satisfactory clinical exam
 - Satisfactory isokinetic test
- Continue all exercises as in Phase III
- Initiate and progress to interval program as needed

Comments:**Frequency:** _____ **times per week****Duration:** _____ **weeks****Signature:** _____**Date:** _____