



DR. HENNIGAN

POSTERIOR SHOULDER STABILIZATION

09/28/2020

0-2 WEEKS POSTOP (no formal therapy):

GOALS:

- To protect the repair
- Patient to be compliant with prescribed activity modification, precautions, and home exercise program to allow for proper healing of repaired tissue.
- Promote healing and wound closure without infection.

SLING:

- Shoulder immobilizer with pillow worn continuously, except for hygiene

EXERCISES:

- Initiate elbow, forearm, wrist ROM, grip strengthening allowed

PRECAUTIONS:

- **No shoulder ROM**

2-6 WEEKS POSTOP:

SLING:

- Shoulder immobilizer with pillow worn continuously, except for hygiene and exercises. May discontinue at 6 weeks.

EXERCISES:

- Initiate PROM and AAROM
 - 2 weeks: Flexion to 90, ER to neutral with arm at side
 - 4-6 weeks: Flexion to 120, ER to 20, abduction to 90
- Initiate isometrics to RTC but **NOT** for ER or IR
 - Week 4: isometrics to scapular stabilizers while in sling

PRECAUTIONS:

- **No combined abduction and ER**
- **No IR or ER isometrics**

6-8 WEEKS POSTOP:

SLING:

- May discontinue at 6 weeks.

EXERCISES:

- Progress PROM to full range, limiting IR at 45 degrees ABD to 30 until 10 weeks
- Initiate AROM in all planes
- Isometrics in all directions
- Clear for joint mobilization (no anterior glides)
- Clear for isotonic strengthening at 8 weeks

PRECAUTIONS:

- **Respect pain, no posterior stress**

8-10 weeks WEEKS POSTOP:

EXERCISES:

- Continue to limit IR at 45 degrees ABD to 30 until 10 weeks
 - At 10 weeks, can progress IR to pull range
- Initiate joint mobilization (no posterior glides) as needed
- Initiate isotonic strengthening at 8 weeks

PRECAUTIONS:

- **Respect pain, no posterior stress**

10+ WEEKS POSTOP: Progress as tolerated