POSTERIOR SHOULDER STABILIZATION
CLINICAL PRACTICE GUIDELINE

Progression is time and criterion-based, dependent on soft tissue healing, patient demographics and clinician evaluation. Contact Ohio State Sports Medicine at 614-293-2385 if questions arise.

Rehabilitation Precautions
- Strict sling use for 6 weeks after procedure, proper use with shoulder in neutral rotation, not across belly.
- Sling removal for exercises, hygiene, dressing and elbow support activities such as writing or typing.
- Avoid any positions of horizontal adduction or internal rotation so as to not stress posterior capsule and labrum.
- Neither horizontal adduction nor internal rotation stretches until 10-12 weeks.
- Avoid any weightbearing thru the involved UE for 10-12 weeks.
- Isotonic strengthening at 8 weeks.
- Progression is time and criterion-based, dependent on soft tissue healing, patient demographics, and clinician evaluation

Phase I: Weeks 0-6

<table>
<thead>
<tr>
<th>ROM</th>
<th>Strength</th>
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<tbody>
<tr>
<td>• Education in performance of pendulums.</td>
<td>• No isometric or isotonic strengthening</td>
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<tr>
<td>• Initiate PROM ER in neutral in supine.</td>
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<tr>
<td>• Initiate wand ER in supine.</td>
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<tr>
<td>• Limit wand supine FE to 90° for first 4 weeks</td>
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<tr>
<td>• Progress wand supine FE to 120° at weeks 4-6</td>
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Goals to Progress to Next Phase
1. Proper sling use
2. Pain controlled
3. Physician clearance for sling discharge at 6 weeks
## Phase II: Weeks 7-10

### ROM
- Progress FE in supine to 180° as tolerated
- Progress ER at 90° of abduction
- AROM as tolerated without upper trapezius substitution.
- Continue avoidance of horizontal adduction and internal rotation movements or stress
- Avoidance of UE weight bearing exercises or positions

### Strength
- Neuromuscular re-education for RC and Scapular Stabilizers
  - Rhythmic Stabilization in non provocative positions (90° FE, 120° FE and ER)
  - Scapular PNF with manual resistance
- Initiate dynamic isometrics with band
- Initiate light band exercises for ER and IR at neutral
- Initiate light band exercises for scapular stabilization (Row, Extension, Depression, Horizontal Abduction)
- Initiate standing scapular retraction to isolate middle traps

### Goals to Progress to Next Phase
1. Functional AROM without upper trap compensation or pain.
2. No increased pain or soreness with initial isotonic exercises.

## Phase III: Weeks 10-12

### ROM
- Continue terminal PROM stretches in all directions except horizontal adduction and internal rotation
- Initiate gentle stretching into horizontal adduction and internal rotation

### Strength
- Continue progression of Neuromuscular re-education for RC and Scapular Stabilizers
- Progress ER and IR strengthening to 45° of abduction.
  - Initiate band/weight strengthening into FE and Abduction

### Goals to Progress to Next Phase
1. Full AROM and PROM
2. Normalized arthrokinematics with daily activities

## Phase IV: Weeks 12-17

### ROM
- Initiate inferior GH mobilizations to improve abduction if appropriate.

### Strength
- Initiate gentle CKC UE weightbearing exercises on wall
- Initiate Throwers 10 program (T, Y, Extensions, Row)
- Progress all endurance and neuromuscular exercises
- Initiate PNF diagonals with band and manual resistance
- Initiate Plyometric medicine ball program

### Goals to Progress to Return to Next Phase
1. No increased pain or compensations with addition of horizontal adduction and internal rotation stretches.
## Phase V: Weeks 18+

| ROM | • PROM as needed  
<table>
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<th>• Progress all terminal stretches if needed</th>
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| Strength | • Initiate prone CKC UE weightbearing exercises  
|         | • Initiate supine bench press and military press  
|         | • Initiate lat pull down  
|         | • Initiate prone push-ups at 5-6 months.  
|         | • Initiate controlled falls onto therapy ball or ground, emphasis on landing with elbows flexed to absorb impact.  
|         | • Initiate and progress all sport specific drills specific to sport.  
|         | Initiate throwing program or gradual return to sport if appropriate. |
| Goals to Progress to Sport | 1. Physician clearance at 6 month check up for contact sports |

### References
