

ARTHROSCOPIC POSTERIOR STABILIZATION

REHAB PROTOCOL | CATHERINE A. LOGAN, MD, MBA, MSPT
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RESTRICTIONS:

SLING:
6 weeks

ROM:
LIMITED
INITIALLY, BEGIN
FULL AROM AT 6
WEEKS

PRECAUTIONS:
NO IR X 6 WEEKS

AVOID POSTERIOR
CAPSULE STRESS

QUICK TIPS

The use of ice and
compression reduces
need for narcotics post-
op

Must achieve full PROM
before beginning AROM

Must achieve full AROM
before incorporating
strengthening

ACTIVITIES OF DAILY LIVING

Only use uninvolved arm
for eating/drinking,
dressing, and showering
for first 6 weeks

STAGE I, EARLY RECOVERY: WEEK 0 TO 6

GOAL

+ Protect surgical repair. Begin PT 3-5 days after surgery. PT 2 times per week.

RANGE OF MOTION

+ **AROM** – Cervical ROM, elbow/wrist/hand ROM, ball squeeze, pendulums, ankle pumps, scapular retraction/depression, external rotation
+ **PROM** – Increases every 2 weeks: Forward elevation and scaption (120, 140, 160 deg), Abduction (90, 100, 160 deg), ER at neutral (15, 30, 45 deg)
+ **AAROM** – **Week 3** begin external rotation, increases every 2 weeks: flexion (140, 160), abduction (100, 160)
+ **AROM** – **Week 5** begin bench press series, sidelying ER, salutes, prone row progression, open chain proprioception. **Week 6** begin modified military press, full can, prone ER at 90 deg, prone Ys

THERAPEUTIC EXERCISE

+ Isometrics: **Week 3** begin ER/IR at neutral and flex/ext/abduction

OTHER

+ Keep incision and sutures dry
+ Ice, compression, and edema control
+ May use computer with supported arm

2-WEEK MD FOLLOW-UP @ DR. LOGAN'S CLINIC

STAGE II: WEEK 7 TO 12

GOAL

+ Begin active ROM, wean from sling, begin to use arm for ADLs

RANGE OF MOTION

+ **PROM** – continue ER, FE, ER. **Week 9** begin internal rotation
+ **AAROM** and isometrics – continue until **week 9**
+ **AROM** – continue bench press series, sidelying ER, salutes, prone row progression, open chain proprioception, modified military press, full can, prone ER at 90 deg, prone Ys

LOW LOAD PROLONGED STRETCHES

+ Door jam series, TV watching stretch, 90/90 ER stretch

RESISTANCE STRENGTHENING & PROPRIOCEPTION

+ ER, IR, double arm ER, full can, forward punch, rows, bicep curl, triceps extension, lat pulldown. **Week 9** begin bear hugs, ER at 45 and 90, rhythmic stabilization/NM control

OTHER

+ Begin lifting up to 5lbs, may increase at 10 weeks
+ Begin overhead activity at 9 weeks

8-WEEK MD FOLLOW-UP @ DR. LOGAN'S CLINIC

FOLLOW UP:

- 2 weeks
- 8 weeks
- 3 months*
- 6 months*

RETURN TO SPORT:

functional pain free AROM, maximized strength, and proper scapulothoracic mechanics.

Exercise testing to be performed at Dr. Logan's office at 3 & 6 months

*Please bring athletic clothes and shoes for exercise testing

HIGH LEVEL ACTIVITIES

Overhead and serving sports (tennis, volleyball), contact sports (football, hockey, lacrosse), and swimming will generally occur after 6 months and is dependent on exercise testing

STAGE III: WEEK 13 TO 20

GOAL

+ Increase muscular strength. PT 1-2 times per week.

RANGE OF MOTION

- + PROM - continue as needed
- + AROM - continue bench press series, sidelying ER, salutes, prone row progression, open chain proprioception, modified military press, full can, prone ER at 90 deg, prone Ys, begin prone lift off

LOW LOAD PROLONGED STRETCHES

- + Continue door jam series, TV watching stretch, 90/90 ER stretch.
- + Begin towel IR, cross arm stretch, sleeper stretch

RESISTANCE STRENGTHENING & PROPRIOCEPTION

- + Continue progression of ER, IR, double arm ER, full can, forward punch, rows, bicep curl, triceps extension, lat pulldown, bear hugs, ER at 45 and 90, rhythmic stabilization/NM control.
- + Begin advanced closed chain stability. **Week 17** begin plyometrics and decelerations

3-MONTH MD FOLLOW-UP @ DR. LOGAN'S CLINIC WITH EXERCISE TESTING

STAGE IV: WEEK 21+

GOAL

+ Return to preferred activities/sport. PT bi-weekly.

RANGE OF MOTION

- + PROM - as needed
- + Stretches - continue door jam series, TV watching stretch, 90/90 ER stretch, towel IR, cross arm stretch, sleeper stretch

RESISTANCE STRENGTHENING & PROPRIOCEPTION

- + Continue progression of ER, IR, double arm ER, full can, forward punch, rows, bicep curl, triceps extension, lat pulldown, bear hugs, ER at 45 and 90, rhythmic stabilization/NM control, advanced closed chain stability, plyometrics and decelerations

OTHER

+ Return to activity/sport dependent on exercise testing results

6-MONTH MD FOLLOW-UP @ DR. LOGAN'S CLINIC WITH EXERCISE TESTING