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REHAB PROTOCOL: Open Posterior Shoulder Stabilization

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Protection phase): Weeks 1-6

Precautions:

AVOID lifting objects with operative arm

AVOID provocative position: adduction and IR of operative shoulder, abduction more than 90 degrees and FE more than 90; No cross body adduction

Follow the ROM restrictions with no end range passive stretching

NO Upper Body Ergometer, Handweights, Body Blade or Therabands +

Immobilization

Sling for 4 weeks

Wear sling at all times including night except when doing therapy, shower, or changing

Exercises guidelines

PROM to start a week after surgery

Restrict motion to 90deg PFE, 20deg PER at side for first 6 weeks

Scapular exercises: Scapular elevation, depression, protraction and retraction

Hand and wrist: AROM exercises

Elbow: Avoid active ROM of elbow if biceps tenodesis was performed

Submaximal isometrics for rotator cuff in sling

Phase II (Active range of motion) Weeks 6-12

Precautions:

Avoid lifting objects with operative arm

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AVOID provocative position: adduction and IR of operative shoulder, No cross body adduction

NO end range stretching

Avoid activities that place a lot of stress on capsulolabral structures: Push ups, military press, pec flies, bench press, boxing, bench press

Exercises guidelines

Discontinue sling at 4 weeks

Start AROM and increase PROM

Restrict passive motion to 150deg PFF/ 45deg PER at side /mild abd by 8 weeks and advance to full motion by 12 weeks

Restrict active motion to 110deg by 8 weeks and 150deg by 10 weeks and full active ROM by 12 weeks

Strengthening (isometrics/light bands) within AROM limitations and arm at side initially and slowly advance to horizontal abduction exercises

Strengthening scapular stabilizers (Latissimus dorsi, Trapezius, Rhomboids)

Phase III (Advanced Strengthening phase) 3 months and beyond

Precautions

Prevent reinjury

Advance slowly with this phase

Avoid contact sports till 6 months

Exercise Guidelines

Full AROM, end range stretching

Only do strengthening 3x/week to avoid rotator cuff tendonitis

Begin eccentrically resisted motions, plyometrics, proprioception and closed chain exercises at 12 weeks.

Begin sports related rehab at 4 months, including advanced conditioning

Interval sports program at 4 months (return to golf, tennis, basketball, volleyball)

Return to throwing at 4 months

Throw from pitcher's mound at 6 months

Modalities

Heat and Ice

Ultrasound

Iontophoresis

Phonophoresis

Therapists' discretion



TENS

Trigger point massage

Evaluation and others

Teach home exercise program

Comments:

Frequency: _____ **times per week**

Duration: _____ **weeks**

Signature: _____

Date: _____

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