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**REHAB PROTOCOL: Posterior Shoulder Instability- Non-op**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Phase I–Acute Phase**

**• Goals:**

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

**• Decrease Pain/Inflammation**

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

**• ROM Exercises**

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

**• Strength Exercises**

- o Isometrics
  - Flexion
  - Abduction
  - Extension
  - External rotation
- o \*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:**

- o Regain and improve muscular strength

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- o Normalize arthrokinematics
- o Improve neuromuscular control of shoulder complex
- **Criteria to Progress to Phase II:**
  - o Full ROM
  - o Minimal pain and tenderness
- **Initiate Isotonic Strengthening**
  - o Flexion
  - o Abduction to 90 degrees
  - o External rotation
  - o Internal rotation (from external rotation to 0 degrees)
  - o Supraspinatus
  - o Extension
  - o Horizontal abduction (prone)
  - o Push-ups
- **Initiate Eccentric (surgical tubing strengthening)**
  - o External rotation (from 0 degrees to full external rotation)
  - o Internal rotation (from full external rotation to 0 degrees)
- **Normalize Arthrokinematics of Shoulder Complex**
  - o Continue joint mobilization
  - o Patient education of mechanics of activity/sport
- **Improve Neuromuscular Control of Shoulder Complex**
  - o Initiate proprioceptive neuromuscular facilitation
  - o Rhythmic stabilization drills
- **Continue Use of Modalities PRN**
  - o Ice, electrotherapy modalities, etc.

### **Phase III –Advanced Strengthening Phase**

- **Goals:**
  - o Improve strength/power/endurance
  - o Improve neuromuscular control
  - o Prepare athlete for activity
- **Criteria to Progress To Phase III**
  - o Full non-painful ROM
  - o No palpable tenderness
  - o Continued progression of resistive exercises
- **Continue use of modalities PRN**
- **Continue anterior capsule stretch**
- **Continue isotonic/eccentric strengthening**
- **Emphasize PNF**
- **Initiate Isokinetics**
  - o Flexion/extension
  - o Abd/adduction
  - o Internal/externalrotation
  - o Horizontal Abd/adduction
- **Initiate plyometric training**
  - o Surgical tubing



- o Medicine ball
- o Wall push-up
- **Initiate Military Press**

**Phase IV –Return to Activity**

- **Goals:**
  - o Maintain optimal level of strength/power/endurance
  - o Progressively increase activity level to return patient/athlete for full functional return to activity/sport
- **Criteria to Progress to Phase IV**
  - o Full ROM
  - o No pain or tenderness
  - o Satisfactory clinical exam
  - o 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:** \_\_\_\_\_