



JAGLOWSKI  
ORTHOPEDIC  
INSTITUTE

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## Posterior Shoulder Stabilization

### Rehabilitation Protocol

Dr. Jeffrey R. Jaglowski  
jagsortho.com

**\*\* The following instructions represent general guidelines. Your personal instructions may be slightly different and will be conveyed to you by Dr. Jaglowski if this is the case. Post-operative instructions, physical therapy protocols, and useful information regarding your post-op care may be found electronically at [www.jagsortho.com](http://www.jagsortho.com).\*\***

#### Abbreviations

- ROM - range of motion
- PROM - passive ROM
- AAROM - active assist ROM
- AROM - active ROM
- ABD - abduction
- ADD - adduction
- ER - external rotation (PER – passive external rotation)
- IR - internal rotation
- FE- forward elevation (AFE – active forward elevation)

#### Phase I: 0-3 Weeks Post-op

##### Range of Motion

- PROM- None

##### Sling

- Immobilized in a sling with abduction pillow at all times.
- May be removed for exercises and showering. Wear sling at night.

### **Therapeutic Exercise**

- NO Pendulums
- Cervical ROM
- Begin scapula musculature isometrics / sets
- Elbow, wrist, hand ROM
- Ball squeezes
- General conditioning: bike, treadmill, etc.

## **Phase II: 3-6 Weeks Post-op**

### **Range of Motion**

- Gradually increase PROM
- Forward Flexion: 90<sup>0</sup>
- Abduction: 90<sup>0</sup>
- Internal Rotation: 45<sup>0</sup>
- External Rotation: 90<sup>0</sup>

### **Sling**

- Continue to wear sling with abduction pillow at all times, neutral rotation to a few degrees of ER, may be removed for exercises and showering.
- Week 5 may begin wearing sling for comfort
- Out of sling by Week 6

### **Therapeutic Exercise**

- Codman's Pendulums
- Anterior Capsule Mobilization
- Submaximal pain free shoulder isometrics in the plane of the scapula- Flexion, Abduction, Extension, External Rotation, No Internal Rotation yet

## **Phase III: 6-12 Weeks Post-op**

### **Range of Motion**

- Progress to near full ROM

### **Sling**

- Transition out of sling

### **Therapeutic Exercise**

- Begin AAROM exercises
- Pulleys
- Joint Mobilizations (no posterior glides)
- Rotator Cuff isometrics
- Deltoid Isometrics
- Initiate IR isometrics in slight ER (do not perform past neutral)
- Progress with periscapular strengthening
- Progress to AROM by Week 8

## **Phase IV: 12-16 Weeks Post-op**

### **Range of Motion**

- Progress to full ROM without discomfort

### **Sling**

- None

### **Therapeutic Exercise**

- Continue stretching and strengthening with resistance bands
- Can begin pushups
- Progress free weight exercises (low weight, high reps)
- IR/ER: side lying
- Supraspinatus: scapular plane
- Shoulder flexion: through pain free range of motion
- Arm ergometer/cycle for endurance exercise

## **Phase V: 16+ Weeks Post-op**

### **Range Of Motion**

- Full ROM without discomfort

### **Sling**

- None

### **Therapeutic Exercise**

- Begin practicing skills at a low intensity level for specific sport
- For throwers, initiate a throwing program
- Tennis may begin serves
- Total body conditioning/ergometer cycle