



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - Posterior Shoulder Stabilization

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 90° PFE, 20° 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
- 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 flys, bench press, boxing, bench press

Exercises guidelines

- Discontinue sling at 4 weeks
- Start AROM and increase PROM
- Restrict passive motion to 150° PFF/ 45° PER at side /mild abd by 8 weeks and advance to full motion by 12 weeks



- Restrict active motion to 110° by 8 weeks and 150° 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 ½ months
- Throw from pitcher's mound at 6 months

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS

Evaluation and others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:

www.lucasmysonmd.com

