



## Non-Operative Rehabilitation for Posterior Shoulder Instability

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

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

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

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

### Phase I –Acute Phase

- Goals:
  - Decrease pain/inflammation
  - Re-establish non-painful ROM
  - Retard muscle atrophy
- Decrease Pain/Inflammation
  - Therapeutic modalities (ice, heat, electrotherapy, etc.)
  - NSAIDs
  - GENTLE joint mobilization
- ROM Exercises
  - Pendulum
  - Rope and pulley
  - L-Bar
    - Flexion
    - Abduction
    - Horizontal abduction
    - External rotation
- Strength Exercises
  - Isometrics
    - Flexion
    - Abduction
    - Extension
    - External rotation
  - \*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:
  - Regain and improve muscular strength
  - Normalize arthrokinematics
  - Improve neuromuscular control of shoulder complex
- Criteria to Progress to Phase II:
  - Full ROM
  - Minimal pain and tenderness
- Initiate Isotonic Strengthening
  - Flexion
  - Abduction to 90 degrees
  - External rotation
  - Internal rotation (from external rotation to 0 degrees)
  - Supraspinatus
  - Extension
  - Horizontal abduction (prone)
  - Push-ups

- Initiate Eccentric (surgical tubing) Strengthening
  - External rotation (from 0 degrees to full external rotation)
  - Internal rotation (from full external rotation to 0 degrees)
- Normalize Arthrokinematics of Shoulder Complex
  - Continue joint mobilization
  - Patient education of mechanics of activity/sport
- Improve Neuromuscular Control of Shoulder Complex
  - Initiate proprioceptive neuromuscular facilitation
  - Rhythmic stabilization drills
- Continue Use of Modalities (as needed)
  - Ice, electrotherapy modalities, etc.

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

- Goals:
  - Improve strength/power/endurance
  - Improve neuromuscular control
  - Prepare athlete for activity
- Criteria to Progress to Phase III
  - Full non-painful ROM
  - No palpable tenderness
  - Continued progression of resistive exercises
- Continue use of modalities as needed
- Continue anterior capsule stretch
- Continue isotonic/eccentric strengthening
- Emphasize PNF
- Initiate Isokinetics
  - Flexion/extension
  - Abd/adduction
  - Internal/external rotation
  - Horizontal Abd/adduction
- Initiate plyometric training
  - Surgical tubing
  - Medicine ball
  - Wall push-up
- Initiate Military Press

### **Phase IV –Return to Activity**

- Goals:
  - Maintain optimal level of strength/power/endurance
  - Progressively increase activity level to return patient/athlete for full functional return to activity/sport
- Criteria to Progress to Phase IV
  - Full ROM
  - No pain or tenderness
  - Satisfactory clinical exam
  - Satisfactory isokinetic test
- Continue all exercises as in Phase III
- Initiate and progress to interval program as needed



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**Comments:**

**Frequency:** \_\_\_\_\_ **times per week**

**Duration:** \_\_\_\_\_ **weeks**

**Signature:** \_\_\_\_\_

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