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
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
Comments:

Frequency: _____ times per week   Duration: ______ weeks

Signature: ___________________________   Date: ________________