



Official Health Care Provider of the Louisville Cardinals, Louisville City FC, and Racing Louisville FC

# Arthroscopic Posterior Stabilization Repair Rehabilitation Protocol

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**PT Frequency:** 2-4 times per week

**ROM Restrictions:** PROM at 2 weeks (90° FF, 45° ER at side, IR to neutral with arm at side, 90° ABD).

**Brace:** Abduction sling for 4 weeks, taken off only for exercises and hygiene

## Phase I: Weeks 0-4 (Maximal Protection Phase)

- Sling at all times except during home exercise program and hygiene
- 0-2 weeks: elbow/wrist ROM, grip strengthening at home only
- At 2 weeks: begin shoulder PROM only
  - Restrict motion to 90° FF, 20° ER at side, IR to stomach, 45° ABD
- Grip strength, active ROM elbow, wrist, and hand
- Begin deltoid/cuff isometrics

## Phase II: Weeks 4-6 (Moderate Protection Phase)

- Discontinue sling use at 4-6 weeks as tolerated
- PROM → AAROM → AROM as tolerated
  - Restrict motion to 90° FF, ER at side to tolerance, IR to stomach, 90° ABD
  - Begin with gravity eliminated motion (supine) and progress
  - Do not fore ROM with substitution patterns
  - **No** cross-body adduction until 6 weeks post-op
- Progress cuff isometrics with the arm at the side
- Deltoid/scapular ER/IR (submaximal) with arm at side
- Begin strengthening scapular stabilizers

## Phase III: Weeks 6-12 (Minimal Protection Phase)

- Gradual return to full AROM
- Gentle stretching at end ROM
- Continue isometrics
- Once FF 140°, advance strengthening as tolerated
  - Isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers
  - All strengthening exercises below horizontal
- Only do strengthening 3x/week to avoid rotator cuff tendinitis



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#### **Phase IV: Months 3-12 (Strengthening Phase)**

- Advance to full pain-free ROM as tolerated with passive stretching at end ranges
- Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3 months, including advanced conditioning/weight training
- Push-ups at 4 ½ - 6 months
- Return to throwing at 4 ½ months. This timeframe is highly unpredictable and will vary greatly between each individual patient.
- Throw from pitcher's mound at 6 months
- Bracing may be used for return to contact or collision sports up to 6 months