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POSTERIOR SHOULDER INSTABILITY REPAIR

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Instructions for the therapist. The MOON Shoulder Group is a collection of shoulder experts who study the best methods to treat patients after surgery for shoulder instability. This patient is part of a group being closely followed to determine which patients have the best and worst outcomes after surgery. Begin therapy **2 weeks after surgery** and work with the patient **1–3× per week** until released by the surgeon. **Do not add or skip any part of this program** — if you have concerns, contact the surgeon.

THERAPY BEGINS	SLING	INTERNAL ROTATION	FULL ROM	RETURN TO SPORT
2 WEEKS	**6 WEEKS**	**8 WEEKS**	**3 MONTHS**	**20–24 WEEKS**
1–3× per week	At all times, incl. sleep	Begins, to 30°	Active and passive	With physician approval

PROGRAM GOALS | **1.** Full active and passive range of motion by **3 months** after surgery. **2.** Return to sport by **18–24 weeks** after surgery.

SLING USAGE	◆ Patients must wear the sling **at all times** for 6 weeks, except when showering or bathing — **this does include while sleeping**
ICE / CRYO CUFF	◆ Use ice or the cryo cuff to help control pain and inflammation after surgery
QUESTIONS	◆ If you have questions or concerns, contact your surgeon

0–2 WEEKS — IMMOBILIZE

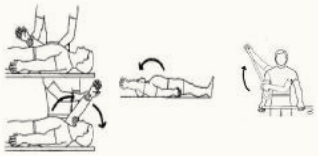
- Wrist and elbow ROM only

2 WEEKS — BEGIN THERAPY

- Passive and active-assistive forward elevation to 90°

4 WEEKS — PROGRESS ELEVATION

- Passive and active-assistive forward elevation to 120°
- Passive and active-assistive abduction to 90°
- Isometrics within pain tolerance, but:
  - **No external rotation**
  - **No combined abduction and internal rotation**



PROUD MEDICAL TEAM FOR

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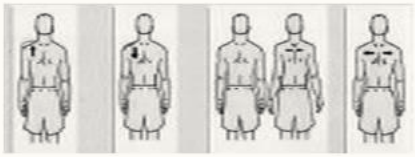
REHABILITATION PROTOCOL

6 WEEKS — SLING OFF

- May discontinue sling use, unless in a crowd or on a slippery surface
- Unlimited passive and active-assistive forward elevation
- May begin active motion in all planes
- Progressive resistive exercise, but **no ER or IR**
- Scapular stabilizers — elevation / depression / retraction / protraction
- The therapist may perform **anterior** glide joint mobilization, but **not posterior** mobilization, to facilitate full range of motion if needed



8 WEEKS — BEGIN INTERNAL ROTATION

- Passive / active-assistive internal rotation to 30° with the arm at the side
- Passive / active-assistive internal rotation at 45° abduction to 30°
- Continue progressing other active motions

12 WEEKS — UNRESTRICTED IR

- Passive / active internal rotation is **not limited**
- May slowly progress to resisted exercises with therabands

14 WEEKS — SPORT SPECIFIC

- May begin sport-specific exercise
- The therapist may now perform **posterior** glide joint mobilization if necessary to gain full functional motion
- Progressive resistive exercises — add external rotation and internal rotation

20–24 WEEKS — RETURN TO PLAY

- Return to play sports with the approval of the physician

Adapted from the MOON Shoulder Group Posterior Instability Postoperative Rehabilitation Protocol (Multicenter Orthopaedic Outcomes Network). Illustrations are from the original protocol.

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