



Posterior Instability Postoperative Rehabilitation Protocol

Instructions for Therapist

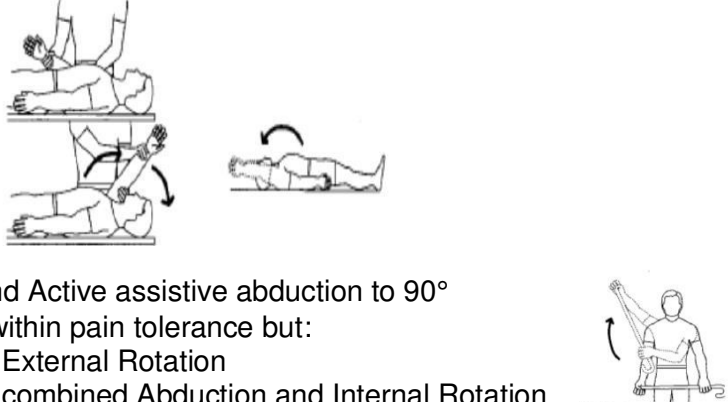
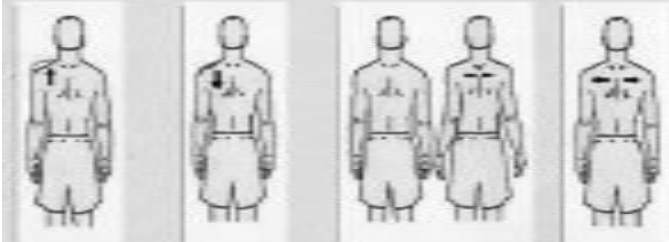
The MOON Shoulder Group is a collection of shoulder experts who study the best methods to treat patients after surgery for shoulder instability. Your patient is part of a group of patients being closely followed in order to determine which patients have the best and worst outcomes after surgery.

The patient is to begin therapy 2 weeks after surgery

The patient should work with therapist 1-3x per week until released by surgeon.

Do not add or skip any part of this program. If you have concerns please contact your surgeon.

Goals	The two main goals of this physical therapy program are to: 1. Have 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 their sling at all times, except when showering/bathing for 6 weeks. This does include while they are sleeping.
Ice/ Cryo Cuff	We encourage the use of the ice or the cryo cuff to help control pain and inflammation after surgery.
Questions/ Concerns	If you have questions or concerns, please contact your surgeon.

0-2 weeks	Wrist and Elbow ROM only
2 weeks	<ul style="list-style-type: none"> Passive and Active assistive forward elevation to 90°
4 weeks	<ul style="list-style-type: none"> Passive and Active assistive forward elevation to 120°  <ul style="list-style-type: none"> Passive and Active assistive abduction to 90° Isometric within pain tolerance but: <ul style="list-style-type: none"> No External Rotation No combined Abduction and Internal Rotation
6 weeks	<ul style="list-style-type: none"> May discontinue sling usage, unless in a crowd, or on slipper 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  <ul style="list-style-type: none"> Therapist may perform anterior glide joint mobilization but not posterior mobilization to facilitate full range of motion if needed
8 weeks	<ul style="list-style-type: none"> Passive / Active assistive internal rotation to 30° with arm at side Passive / Active assistive internal rotation at 45° abduction to 30° Continue progressing other active motions
12 weeks	<ul style="list-style-type: none"> Passive / Active Internal Rotation is not limited May slowly progress to resisted exercises with therabands
14 weeks	<ul style="list-style-type: none"> May begin sport specific exercise Therapist may perform posterior glide joint mobilization if necessary to gain full functional motion Progressive Resistive Exercises - Add External Rotation and Internal Rotation
20-24 weeks	<ul style="list-style-type: none"> Return to play sports with approval of physician