

## **POSTERIOR ARTHROSCOPIC STABILIZATION PT PROTOCOL**

### **Weeks 0-3:**

- Sling in neutral rotation for 3 weeks (padded abduction sling)
- Codman exercises, elbow and wrist ROM
- Wrist and grip strengthening

### **Weeks 3-6:**

- Restrict to FF 90° /IR to stomach PROM - AAROM - AROM
- ER with arm at side as tolerated
- Begin isometrics with arm at side - FF/ER/IR/ABD/ADD • Start scapular motion exercises (traps/rhomboids/lev. scap/etc.) • No cross-arm adduction, follow ROM restrictions • Heat before treatment, ice after treatment per therapist's discretion

### **Weeks 6-12:**

- Increase ROM to within 20° of opposite side; no manipulations per therapist; encourage patients to work on ROM on a daily basis
- Once 140° active FF, advance strengthening as tolerated: isometrics - bands - light weights (1-5 lbs.); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers with low abduction angles
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Closed chain exercises

### **Months 3-12:**

- Advance to full ROM as tolerated
- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (ex. body blade)
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing at 4 ½ months
- Push-ups at 4 ½ - 6 months
- Throw from pitcher's mound at 6 months
- MM1 is usually at 12 months post-op