

Non-op Rehab Posterior Shoulder Instability

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

- Initiate Eccentric (surgical tubing) Strengthening
 - External rotation (from 0 degrees to full external rotation)
 - Internal rotation (from full external rotation to 0 degrees)
- Normalize Arthrokinematics of Shoulder Complex
 - Continue joint mobilization
 - Patient education of mechanics of activity/sport
- Improve Neuromuscular Control of Shoulder Complex
 - Initiate proprioceptive neuromuscular facilitation
 - Rhythmic stabilization drills
- Continue Use of Modalities (as needed)
 - Ice, electrotherapy modalities, etc.

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