

Posterior Stabilization

Post-Op	Goals	Precautions	Exercises
Weeks 0-4 PT 1-2x/week HEP daily	Edema and pain control Protect surgical repair Sling immobilization	Sling except shower and exercise Limit adduction and IR to neutral	Elbow, wrist, hand ROM Side-lying scapular stabilization Gripping exercises
Weeks 4-8 PT 2-3x/week HEP daily	Protect surgical repair FF 90°, ER 45°, IR 45°	Sling except shower and exercise DC sling at 6 weeks for ADLs Limit adduction to neutral Limit IR to 45° Avoid posterior capsule stretch	PROM FF 90 plane of scapula PROM ER 45° arm at side Closed chain scapular stabilization Submaximal biceps, triceps, deltoid, cuff ER and IR isometrics Posture training
Weeks 8-12 PT 2-3x/week HEP daily	Full ROM Scapulohumeral rhythm Restore strength 5/5	No sling Avoid painful ADLs Protect posterior capsule Avoid rotator cuff inflammation Avoid excessive passive stretch	Initiate AAROM IR Progress A/AAROM FF and ER Protect posterior capsule Progress scapular stabilization Begin cuff and latissimus strengthening Humeral head rhythmic stabilization Resistive exercise for scapula, biceps, triceps, and rotator cuff below horizontal plane
Weeks 12-20 PT 1x/week HEP daily	Full ROM and strength Improve endurance Prevent re-injury	No sling Avoid painful activities OK to cycle/run at 12 weeks No contact/racket/throwing sports	Advance UE strengthening as tolerated ER/IR in 90/90 position Begin upper body ergometer (UBE) Initiate plyometrics Sport-specific activities Throwing/racquet program 4-5 months
Weeks 20+ HEP daily	Return to play	No restrictions Return to sport (MD directed)	Maintain ROM, strength, and endurance