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Patient Name:

Date:

Date of Surgery:

Shoulder Rehabilitation:
Arthroscopic Posterior Stabilization

RECOVERY / RECUPERATION PHASE: WEEKS 1 - 6

- Immobilization x 4 weeks except for exercises / Modalities as needed
- DC Sling at 4-6 weeks
- PROM with pulleys / cane for flexion start at 3 weeks postop
- Codman's, pendulums in sling. No active IR.
- Grip strengthening & Elbow exercises
- ANTERIOR CAPSULAR STRETCHING WHEN WARM (Ext Rot)
- PROTECT POSTERIOR CAPSULE from stretch - limit IR to neutral

WEEKS 6 - 12

- Active and active - assisted elevation, ER / IR. Use good arm to help operated arm.
- Weeks 6 - 8: Internal. rotation to 10° with arm at side and 90 degrees abduction
- Weeks 8 - 10: IR to 45° with arm at side and at 45 degrees abduction
- Weeks 10 - 12: IR to 45° with arm in 45° abduction
- Begin deltoid and rotator cuff isometric exercises at 6 weeks. Progress to isotonic.
- Theraband for IR exercises
- Continue with scapula strengthening, increase arc motion
- Continue with wrist / forearm strengthening
- Continue with ANTERIOR CAPSULE STRETCHING when warm
- Keep all strengthening exercised below the horizontal
- NO PASSIVE STRETCHING. PROTECT POSTERIOR CAPSULE.

LIMITED RETURN TO SPORT PHASE: WEEKS 12 - 20

- AROM activities to restore full ROM. Restore Scapulo-humeral rhythm.
- Continue anterior capsule stretching
- At 16 weeks begin sport specific activities: gentle throwing, golf swing, tennis forehand / backhand.
- Limited return to sports at 16 weeks.
- Continue muscle endurance activities
- Progress from modified neutral into abduction for cuff PRE's
- Aggressive scapula strengthening and eccentric strengthening program
- Begin plyometric training for overhead athletes
- Begin isokinetics for rotator cuff

FULL RETURN TO SPORT PHASE: WEEKS 20 - 26

- Advance throwing / racquet program
- Continue with endurance activities. Maintain ROM / flexibility.
- Begin to return to sports at _____ weeks

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD