

**PHYSICAL THERAPY**  
**SHOULDER ARTHROSCOPY WITH POSTERIOR INSTABILITY REPAIR**

**Weeks 2-4: Phase I**

Sling Immobilizer: At all times (with waist strap) when not doing exercises

Exercises:

- AROM elbow/wrist
- PROM ER to 30
- Gripping exercises
- Scapular isometrics
- Pain-free, submaximal deltoid isometrics (start at week 3)
- Protect posterior capsule from stretch
- Limit IR and horizontal adduction to neutral
- Modalities as needed

Advancement Criteria: ER to 30deg

Minimal pain and inflammation

**Weeks 4-6: Phase II**

Sling Immobilizer: At all times (with waist strap) when not exercises

Exercises:

- Active Assisted FF in scapular plane to 90: wand exercises, pulleys
- Active Assisted ER to 45 degrees: wand exercises
- Limit IR and horizontal adduction to neutral
- Pain-free, submaximal deltoid and IR/ER isometrics
- Manual scapula side-lying exercises
- Modalities as needed

Advancement Criteria: Minimal pain and inflammation

ER to 45/ FF to 120

IR/ ER strength 4/5

**Weeks 6-12: Phase III - Motion Phase**

Exercises:

- Active assisted FF in scapular plane to 160
- Begin active FF in scapular plane if RTC and scapular strength adequate
- Active assisted ER to tolerance

Begin active assisted ROM for IR w/ arm in 45deg abduction  
Scapular strengthening program, protecting posterior capsule  
Begin latissimus strengthening  
Deltoid and RTC isometrics, progressing to isotonic with emphasis on posterior cuff  
- stress eccentrics  
Begin humeral head stabilization exercises if strength adequate  
Begin upper extremity flexibility exercises  
Isokinetic training and testing  
Modalities as needed

Advancement Criteria:

Normal scapulohumeral rhythm  
Minimal pain and inflammation  
IR/ER strength 5/5  
Full upper extremity ROM  
Isokinetic IR strength 85% of unaffected side

**Weeks 12-18: Phase IV**

Exercises:

Continue full upper extremity strengthening (emphasize eccentrics)  
Progress to full functional ROM  
Advance IR/ER strengthening to 90/90 position if required  
Continue upper extremity flexibility exercises  
Isokinetic strengthening and testing  
Activity-specific plyometrics program  
Address trunk and lower extremity demands  
Begin sport or activity-related program  
Modalities as needed

Discharge Criteria:

Pain-free sport or activity-specific program  
Isokinetic IR/ER strength equal to the unaffected side  
Independent home exercise program