

Non-Operative Rehabilitation for Posterior Shoulder Instability

This program is designed to return the patient/athlete to their activity/sport as quickly and safely as possible. The program will vary in length for each individual depending on severity of injury, ROM/strength status, and performance/activity demands.

Phase I – Acute Phase

- Goals: Decrease Pain/inflammation
Re-establish non-painful range of motion
Retard muscle atrophy
1. Decrease pain/inflammation
 - a. Therapeutic modalities (ice, heat, electrotherapy, etc.)
 - b. NSAID's
 - c. Gentle Joint Mobilization
 2. ROM Exercises
 - a. Pendulum
 - b. Rope and Pulley
 - c. L-Bar
 - i. Flexion
 - ii. Abduction
 - iii. Horizontal Abduction
 - iv. External Rotation
 3. Strength Exercises
 - a. Isometrics
 - i. Flexion
 - ii. Abduction
 - iii. Extension
 - iv. External Rotation
 - b. 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
 - "Good" MMT
1. Initiate Isotonic strengthening
 - a. Flexion
 - b. Abduction to 90 degrees
 - c. External Rotation
 - d. Internal Rotation (From full external rotation to 0 degrees)
 - e. Supraspinatus
 - f. Extension
 - g. Horizontal pushups (prone)
 - h. Push-ups

2. Initiate eccentric (surgical tubing) strengthening
 - a. External rotation (from 0 degrees to full external rotation)
 - b. Internal rotation (from full external rotation to 0 degrees)
3. Normalize arthrokinematics of Shoulder capsule
 - a. Continue joint mobilization
 - b. Patient education of mechanics of activity/sport
4. Improve Neuromuscular Control of Shoulder Complex
 - a. Initiate proprioceptive neuromuscular facilitation
 - b. Rhythmic stabilization drills
5. Continue use of modalities (as needed)
 - a. Ice, electrotherapy, modalities

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

1. Continue use of modalities (as needed)
2. Continue anterior capsule stretch
3. Continue isotonic strengthening
4. Continue eccentric strengthening
5. Emphasize PNF (D/2 extension)
6. Initiate isokinetics:
 - a. Flexion/Extension
 - b. Abd/Adduction
 - c. Internal/External Rotation
 - d. Horizontal Abd/Adduction
7. Initiate plyometric training
 - a. Surgical tubing
 - b. Medicine ball
 - c. Wall push-ups
8. Initiate military press

Phase IV – Return to Activity

Goals: Maintain optimal level to 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

1. Continue all exercises as in phase III

2. Initiate and progress interval program