



## Indiana University Health

*IU Health Physicians Orthopedics & Sports Medicine*

### **POSTERIOR INSTABILITY REPAIR (LABRAL STABILIZATION)**

#### **PHYSICAL THERAPY PROTOCOL**

**Bryan M. Saltzman, M.D.**

Indiana University Health Physicians

Assistant Professor of Orthopaedic Surgery, Indiana University

Sports Medicine, Cartilage Restoration, Shoulder/Elbow

IU Health Methodist Hospital – 1801 N Senate Ave, Indianapolis, IN 46202

IU Health North – 201 Pennsylvania Pkwy #100, Carmel, IN 46280

317-944-9400

[www.bryansaltzmanmd.com](http://www.bryansaltzmanmd.com)

---

**Patient:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

<p><b><u>Procedure:</u></b>    <b>Right / Left    Shoulder Posterior Stabilization</b></p>
--

\_\_\_ **Evaluate and Treat**

\_\_\_ **Provide patient with home program**

**Frequency:** \_\_\_\_\_x/week    x    \_\_\_\_\_weeks



**Phase I (0-6 wks):** *Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). Motion and strengthening exercises are performed within strict motion limits.*

**Weeks 0-3: No formal PT.**

- Shoulder immobilizer should be worn at all times (except for hygiene and pendulums).
- Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).

**Weeks 3-6: Begin formal PT (2-3 x/wk).**

- Sling at all times (except for hygiene and PT).
- ROM: Restrict motion to 90 deg FF / IR to the stomach / ER as tolerated with arm at side. ***No cross-body adduction.***
  - Progress **PROM** only as tolerated within the above limits
  - Heat before, ice after.
- Strengthening: Cuff/periscapular/deltoid isometrics in sling, within above motion limits.

**Phase II (6-12 wks):** *Advance active motion and very light strengthening.*

- D/C sling if cleared by MD
- ROM: Progress active ROM to within 20 degrees of opposite side; avoid aggressive passive stretching in forward flexion, cross-body adduction and IR.
- Strengthening:
  - Progress cuff/deltoid and periscapular strengthening: isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/wk to avoid cuff tendonitis*)
  - Modalities as per PT discretion

**Phase III (3-12 months):** *Progress strengthening and to sport/occupation-specific rehab.*

- ROM: Passive stretching at end ranges if full motion not yet achieved, as tolerated.
- Strengthening/Activities:
  - Continue bands/light weights as above, 3x/wk.
  - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*) and progress to sport-specific/job-specific exercises by 4 months.



- **Throwers/Return to Sport:**
  - @ 4.5 months, may begin light-tossing if full-strength and motion and initiate golf/tennis efforts pending discussion with Dr. Saltzman
  - @ 6 months throw from the pitcher's mound and/or return to collision sports (hockey, football, etc.).
- **Work:**
  - Overhead work without lifting is usually possible @ 4.5-6 months.
  - Can resume heavy labor once full-strength achieved (usually 6-9 months).

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_\_ would \_\_\_ would not benefit from social services.**

\_\_\_\_\_

**Date:** \_\_\_\_\_

**Bryan M. Saltzman, MD**