Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

POSTERIOR INSTABILITY REPAIR (LABRAL STABILIZATION)

PHYSICAL THERAPY PROTOCOL

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Patient:_____ **Date of Surgery:**_____

Procedure: **Right / Left Shoulder Posterior Stabilization**

___ **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