



11330 Olive Blvd, Suite 150
Creve Coeur, MO 63141
(314) 375-3796 Phone
(314) 948-9010 Fax

Van S. Krueger, MD, MBA

Dual Fellowship-Trained Orthopedic Surgeon
in Sports Medicine & Trauma

Shoulder, Elbow & Knee Specialist

Arthroscopic Posterior Stabilization Rehab Protocol

	Range of Motion	Immobilizer/Sling	Exercises
Phase I 0-6 weeks	0-3 weeks: None 3-6 weeks: Begin PROM Limit 90° flexion, 45° IR, 90° abduction	0-4 weeks: Immobilized at all times day and night. Off for hygiene and gentle exercise only 4-6 weeks: Worn daytime only	0-3 weeks: Elbow/wrist ROM, grip strengthening at home only 3-6 weeks: Begin PROM activities Codman's, anterior capsule mobilizations; avoid stretch of posterior capsule; closed chain scapula
Phase II 6-12 weeks	Begin active/active- assisted ROM, passive ROM to tolerance Goals: Full ER, 135° flexion, 120° abduction	None	Begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks Begin resistive exercises for scapular stabilize
Phase III 12-16 weeks	Gradual return to full AROM	None	Emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Cycling/running okay at 12 weeks
Phase IV 4-5 months**	Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening Begin plyometric and throwing/racquet program, continue with endurance activities
Phase V 5-7 months	Full and pain-free	None	Return to full activity as tolerated

*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II

**Limited return to sports activities