

# Arthroscopic Posterior Stabilization

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ DOS: \_\_\_\_\_  
 Dr. Michael J Battaglia MD CAPT,MC,USN (ret) DX: \_\_\_\_\_

● = Do exercise for that week Week

Phase I: Maximal Protection		Week														
Passive Range of Motion (PROM)		1	2	3	4	5	6	7	8	9	10	13	17	21	25	
<b>PROM Restrictions</b> <b>FE: see chart</b> <b>ABD: see chart</b> <b>ER: see chart</b> <b>IR: see chart</b>	Date:															
	Cervical ROM Exercises	●	●	●	●	●	●									
	Elbow/Hand/Wrist ROM	●	●	●	●	●	●									
	Ball Squeeze	●	●	●	●	●	●									
	Pendulums	●	●	●	●	●	●									
	Ankle Pumps	●	●	●	●	●	●									
	Scapular Retraction/Depression	●	●	●	●	●	●									
	Aquatherapy for AAROM			●	●	●	●									
	Passive ROM															
	<b>Begin Full AROM:</b> 5-6 weeks	External Rotation	●	●	●	●	●	●	●	●	●		Continue PROM as needed			
	Forward Elevation & Scaption	120°		140°		160°		●	●	●	●					
<b>Sling</b> x 5-6 weeks	Abduction	90°		100°		160°		●	●	●	●					
	Internal Rotation									●	●					
Phase II: Minimal Protection																
Active Range of Motion (AROM)		1	2	3	4	5	6	7	8	9	10	13	17	21	25	
Active Assist ROM																
<b>T.E.D. Hose</b> 2 weeks	External Rotation			●	●	●	●	●	●							
	Flexion/Abduction			140°/100°		160°		●	●							
Isometrics																
<b>Time Lines</b> Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)	External/Internal Rotation			●	●	●	●	●	●							
	Flexion/Extension/Abduction			●	●	●	●	●	●							
	Active ROM															
	Bench Press Series					●	●	●	●	●	●	●	●	●		
Modified Military Press						●	●	●	●	●	●	●	●			
Sidelying External Rotation					●	●	●	●	●	●	●	●	●			
Salutes					●	●	●	●	●	●	●	●	●			
<b>Precautions</b> No Internal Rotation x 6 weeks Avoid Posterior capsule stress	Full Can						●	●	●	●	●	●	●			
	Prone Row Progression					●	●	●	●	●	●	●	●			
	Prone ER@90°						●	●	●	●	●	●	●			
	Prone Ys						●	●	●	●	●	●	●			
	Prone Lift off											●	●			
	Open Chain Proprioception					●	●	●	●	●	●	●	●			
	Low Load Prolonged Stretches															
	Door Jam Series							●	●	●	●	●	●	●	●	
	Towel Internal Rotation											●	●	●	●	
	Cross Arm Stretch											●	●	●	●	
Sleeper Stretch											●	●	●	●		
TV Watching Stretch							●	●	●	●	●	●	●	●		
90/90 External Rotation Stretch							●	●	●	●	●	●	●	●		
Activities of Daily Living (ADL's)		1	2	3	4	5	6	7	8	9	10	13	17	21	25	
Eating/Drinking								●	●							
Dressing								Use Uninvolved Arm Only		●	●					
Washing/Showering								●	●							
Computer with supported arm	●	●	●	●	●	●	●	●								
Driving			●	●	●	●	●	●	●	●	●	●				
Lifting up to 5 lbs.								●	●	●	●	●				
Overhead Activity										●	●	●				
Lifting greater than 5 lbs.											●	●				

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. © Copyright 2017 Dr. Matthew Provencher/Howard Head Sports Medicine

**Week**

<b>Phase III: Initial Resistance Strengthening &amp; Proprioception</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>13</b>	<b>17</b>	<b>21</b>	<b>25</b>	
External Rotation							•	•	•	•	•	•	•	•	
Internal Rotation							•	•	•	•	•	•	•	•	
Double Arm External Rotation							•	•	•	•	•	•	•	•	
Full Can							•	•	•	•	•	•	•	•	
Forward Punch w/plus							•	•	•	•	•	•	•	•	
Rows							•	•	•	•	•	•	•	•	
Bicep Curl							•	•	•	•	•	•	•	•	
Triceps Extension							•	•	•	•	•	•	•	•	
Lat Pulldown							•	•	•	•	•	•	•	•	
Initial Closed Chain Stability											•	•	•	•	
<b>Phase IV: Advanced Resistance Strengthening &amp; Proprioception</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>13</b>	<b>17</b>	<b>21</b>	<b>25</b>	
Bear Hugs									•	•	•	•	•	•	
External Rotation at 45°									•	•	•	•	•	•	
External Rotation at 90°									•	•	•	•	•	•	
Rhythmic Stabilization/NM Control									•	•	•	•	•	•	
Advanced Closed Chain Stability											•	•	•	•	
Plyometrics												•	•	•	
Decelerations												•	•	•	
<b>Phase IV: Return to Sports</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>13</b>	<b>17</b>	<b>21</b>	<b>25</b>	
<b>CRITERIA FOR RETURN TO FULL ACTIVITY</b>															
<b>FUNCTIONAL PAINFREE ACTIVE RANGE OF MOTION, MAXIMIZED STRENGTH, PROPER SCAPULOTHORACIC MECHANICS</b>															
Skiing													•	•	•
Throwing Progression													•	•	•
Overhead and Serving Sports (tennis, volleyball)															•
Contact Sports (football, hockey, lacrosse)															•
Swimming															•
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