

Department of Orthopaedic Surgery
Sports Medicine and Shoulder Service

Posterior Instability Repair

Weeks 6-12: Phase III - Motion Phase

Exercises: Active assisted FF in scapular plane to 160 deg
Begin active FF in scapular plane if RTC and scapular strength adequate
Active assisted ER to tolerance
Begin active assisted ROM for IR w/ arm in 45 deg abduction
Scapular strengthening program, protecting posterior capsule
Begin latissimus strengthening
Deltoid and RTC isometrics, progressing to isotonics with emphasis on posterior cuff -stress eccentrics
Begin humeral head stabilization exercises if strength adequate