



## **Arthroscopic Posterior Shoulder Stabilization Protocol**

### Phase 1 (Protection) 1-3 weeks

- Full time neutral shoulder rotation in abduction sling
- Modalities prn

### Phase 2 (PROM) 3-6 weeks

- Begin gentle ROM and scapular control exercises
- No adduction or internal rotation *with arm in forward flexion*; all other PROM okay

### Phase 3 (AROM) 6-8 weeks

- Begin active shoulder stabilization exercises in all planes
- Full passive ROM

### Phase 4 (Strengthening) 8-16 weeks

- Begin strengthening in all planes
- May begin light throwing at 4 months (if strength regained)
- May return to sport at 6 months