

MOON Shoulder Instability

Posterior Stabilization Therapy Protocol



MOON SHOULDER GROUP

Instructions for the Therapist

The MOON Shoulder Group is a collection of shoulder experts who study the best methods to treat patients after surgery for shoulder instability. Your patient is part of a group of patients being closely followed in order to determine which patients have the best and worst outcomes after surgery.

- The patient is to begin therapy 2 weeks after surgery
- The patient should work with the therapist 1-3x per week until released by the surgeon

Do not add or skip any part of this program. If you have concerns, please contact your surgeon.

Introduction

Goals: The two main goals of this physical therapy program are to:

- (1) Have full active and passive range of motion by 3 months after surgery and
- (2) Return to sport by 18-24 weeks after surgery

Sling Usage: Patients must wear their sling **at all times**, except when showering/bathing for 6 weeks. This does include while they are sleeping.

Ice/Cryo Cuff: We encourage the use of the ice or the cryo cuff to help control pain and inflammation after surgery.

Questions/Concerns: If you have questions or concerns, please contact the patient's physician. Questions or concerns regarding the rehabilitation protocol may be sent to the MOON Shoulder Group research hub, listed on the back of this book.

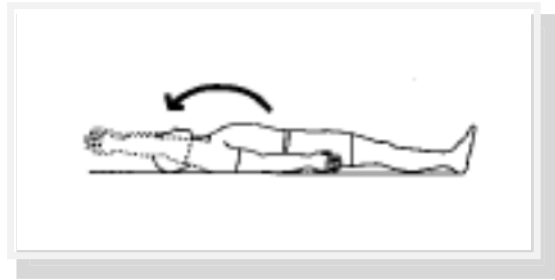
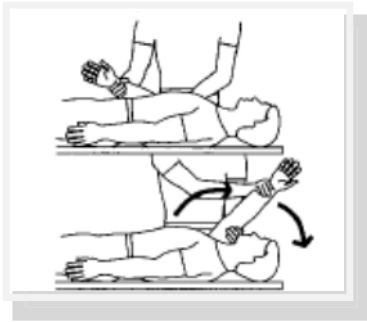
Timeline

0-2 weeks—

- Wrist and elbow ROM only

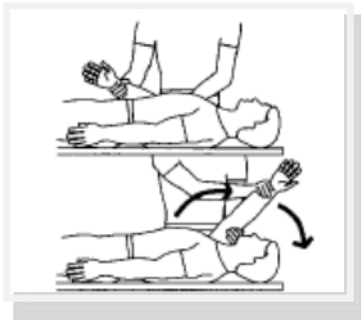
2 weeks—

- Passive/active assist forward flexion (FF) to 90 degrees



4 weeks—

- Passive/active assist FF to 120



- Passive/active assist Abduction to 90

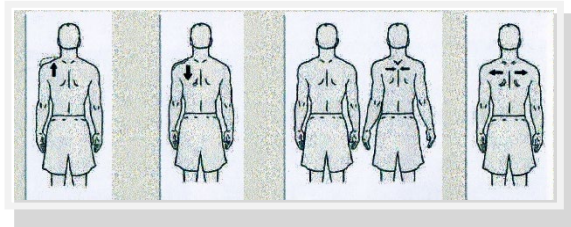


- Isometrics—no External Rotation (ER)
- No combined Abduction and Internal Rotation (IR)!

Timeline (cont'd)

6 weeks—

- May discontinue sling usage, unless in a crowd, or on slippery surfaces
- Unlimited Passive/active assist FF
- May begin active motion in all planes – to remain less than passive limits
- Resisted isometrics—(No ER)
- PRE's – No ER/IR
- Scapular stabilizers - protraction/retraction



- Anterior glides OK if needed – no posterior

8 weeks—

- Passive/active assist internal rotation to 30 degrees with arm at side
- Passive/active assist internal rotation at 45 degrees abduction to 30 degrees
- Continue to progress with active motion
- May slowly progress to resisted exercises with therabands

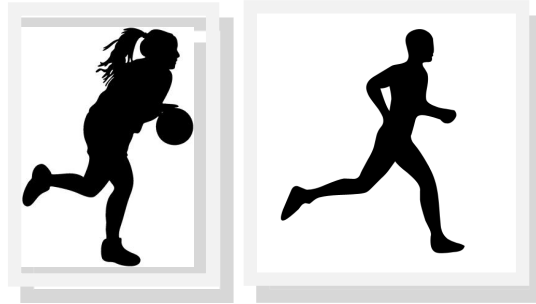
10 Weeks—

- Unlimited internal rotation – passive and active
- PRE's – with IR/ER

Timeline (cont'd)

14 weeks—

- May begin sport specific exercises



- Posterior glides OK if needed

20-24 weeks—

- Return to play sports with approval of physician