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Posterior Instability Repair Protocol
For Physical Therapist Use Only

Phase I: (0-2 weeks)

Goals:

- Protect surgery
- Decrease pain and inflammation
- Initiate safe ROM while protecting posterior capsule
- Patient education

Plan:

- **Limit cross body Adduction**
- PROM limited to 90° of flexion and abduction; **(do not reach across back. Do not reach behind the back as if to tuck shirt in, do not push forward with surgical arm)**
- Elbow and wrist ROM
- Modalities PRN
- Pendulum and scapular activities
- Light isometric activity
- Light resisted activity to wrist
- **Most patients will only perform self directed therapy at home and then begin supervised PT at 6 weeks postoperative**

Phase II: (4-6 weeks)

Goals:

- Decrease pain and inflammation
- Achieve 60-80% of full ROM of flexion, extension and ER
(No Internal Rotation, No Horizontal Abduction, no pushing forward)

Plan:

- Begin increasing forward elevation (flexion in scapular plane) beyond 90°
- Joint mobilization: avoid aggressive mobs/avoid inferior and posterior; interior rotation directions
- AAROM
- Aquatic Therapy
- Gentle rotator cuff strengthening (IR to neutral)
** Check with physician on rotation limitations**

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- **No weight bearing exercise or activities, do not reach behind the back as if to tuck shirt in)**

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Phase III (8-16 weeks)

Goals:

- Near full ROM: Horizontal ABDUCTION/INTERNAL ROTATION
- Good scapulo-humeral rhythm
- 80-90% normal strength
- Behind the back Internal Rotation and Horizontal Abduction to start at post-op 8 weeks.

Plan:

- PROM (full range; ER near full-range):
** NO FORCE IN Horizontal Abduction/Internal Rotation**
- Joint mobilization
- Progressive rotator cuff strengthening
- Begin machine weighted exercise
- Gentle PNF, eccentric cuff strengthening
- Biodex training if requested by M.D.
- Push up can begin after 12 weeks post-op: beginning with a wall push up.

Phase IV (>24 weeks)

Goals:

- Maximum ROM
- Increase strength
- Return patient to sport/activity

Plan:

- Continue with progressive resistive exercises
- Continue with machine weighted program

Sport Specific Training

Please contact Dr. Kelly's Medical Assistant with any questions.

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