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**Posterior Instability Repair Protocol**  
**James D. Kelly, II**

**Phase I: (0-2 weeks)**

**Goals:**

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

**Plan:**

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

**Posterior Instability Repair Protocol**

**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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