



Upper Extremity Division
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Posterior Instability Repair

General Instructions

- Therapy is to begin 2 weeks after the surgery.
- The patient should work with their 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 my office.
- Goals: The 2 main goals of this physical therapy program are to:
- Have full active and passive range of motion by 3 months after surgery
- Return to sport by 18-24 weeks after surgery

Sling Wear

- Patients must wear their sling **at all times** for the first 6 weeks after surgery, this does include while they are sleeping. Patients may only remove the sling to perform therapy exercises and for showering.

Ice

- The use of ice or ice machine is encouraged to help control pain and inflammation after surgery.

Questions/Concerns:

- Therapists – if you have questions or concerns, please contact me directly or my office.

Protocol

All time points are based on time since surgery:

0-2 Weeks

- Wrist and Elbow ROM Only

2 Weeks

- Passive/active assist forward elevation (FE) to 90 degrees



4 Weeks

- Passive/active assist forward elevation (FE) to 120 degrees



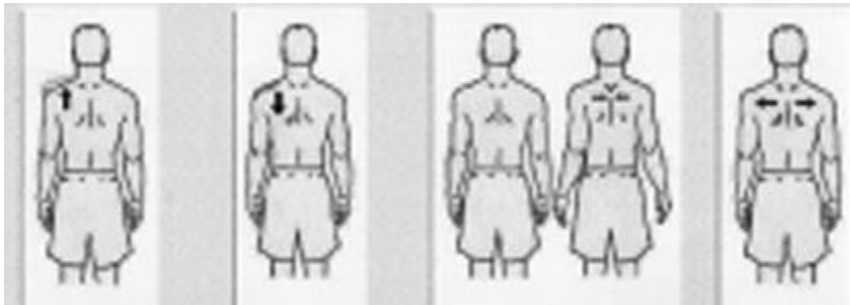
- Passive/active assist Abduction to 90 degrees



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

6 Weeks

- May discontinue sling usage, unless in crowd, or on slippery surfaces
- Unlimited passive/active assist in FE
- 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 the side
- Passive/active assist internal rotation at 45 degrees abduction to 30 degrees
- Continue to progress with active motion
- May slowly progress to resisted exercise with therabands



10 Weeks

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

14 Weeks

- May begin sport specific exercises



- Posterior glides OK if needed

20-24 Weeks

- Return to play with approval of surgeon