



### Physical Therapy– Posterior Shoulder Stabilization MOON Protocol

**Diagnosis:** R / L posterior shoulder stabilization

**Date of Procedure:** \_\_\_\_\_

**Frequency:** 2-3 Times Per Week for \_\_\_\_ weeks

**Weeks 0-2:** *period of protection, NO THERAPY*

- **Sling with pillow at all times except hygiene**
- **Range of Motion:** No shoulder ROM, elbow/wrist ROM ONLY

**Weeks 2-6:**

- **Ok to wean out of sling unless in crowd or slippery environment**
- **Range of motion:**
  - o Weeks 2-4: PROM and AAROM to FF 90 degrees
  - o Weeks 4-6: PROM and AAROM to FF 120 degrees, ABD to 90 degrees
  - o **No combined Abduction-IR**
- **Exercises:** begin isometrics at week 4, **no external rotation**
- **Modalities:** per therapist to include e-stem, ultrasound, heat before and ice following therapy

**Weeks 6-12:**

- Discontinue sling unless in crowded/slipper environment
- **Range of motion:** Increase FF as tolerated, bring AROM in all planes, but to remain less than passive limits
  - o Weeks 8-10: PROM/AAROM internal rotation to 30 degrees with arm at side, and with arm in 45 Abduction
  - o Weeks 10-12: advance to unlimited passive and active IR
- **Exercises:** progress to resisted isometrics (*No ER*); begin progressive resisted exercises (*No ER/IR*); begin scapular stabilizers (protraction/retraction); anterior glides; *No posterior glides*
  - o Weeks 8-10: slowly progress to resisted exercises with TheraBands
  - o Weeks 10-12: advance to progressive resisted exercises to include ER/IR
- **Modalities:** per therapist, including e-stem, ultrasound, heat before and ice following therapy

**Weeks 12-24:**

- Full painless AROM
- **Exercises:** advance from above, posterior glides at week 14
- **Modalities:** per therapist, including e-stem, ultrasound, heat before and ice following therapy
- **Consider return to sport at 20-24 weeks pending MD approval**