

Postoperative Shoulder Protocol

Progression Criteria

(Anterior & Posterior Stabilization, SLAP repair, MDI)

POSTOPERATIVE PHASES

1. Protective
2. Preparatory
3. Progressive
4. Performance

Protective to Preparatory

Minimal pain on range of motion and with isometric exercises
Active assistive elevation to 90°
Adequate scapular control
Adequate soft tissue healing
Soft tissue restrictions cleared (improving soft tissue, thoracic spine and GH mobility)
Understand and perform core stabilization exercises
Compliance with home exercise program

Preparatory to Progressive

Pain free range of motion
Minimal pain with therapeutic exercise
Active elevation to 150°
Normal soft tissue, thoracic spine and GH mobility
Improved joint kinematics and control
Ability to maintain scapular position
Compliance with home exercise program

Progressive to Performance

Full functional range of motion and flexibility
Normal upper quarter kinematics
Pain free with all exercises
Adequate scapular control for functional demands
Compliance with home exercise program for stretching and strengthening
Approximately 75% strength, power and endurance

Graduation

Normal total body kinematics, range of motion, and flexibility for specific activity/sport
Approximately 90% control, strength, power and endurance of opposite limb
Symptom free with activity or sport specific drills