

**POSTERIOR SHOULDER STABILIZATION  
REHABILITATION PROTOCOL FOR MR SAITHNA'S PATIENTS**

LABEL:

DATE OF SURGERY: \_\_\_\_\_

**0-4 Weeks:**

Pendulum exercises only + elbow/hand/wrist; No IR > Neutral  
Sling when not performing pendulums

**4-6 Weeks:**

Stage I – Active Assisted ROM  
No IR > 30°  
Wean sling

**6-8 Weeks:**

Stage II – Active ROM  
No IR > 45°

**8-12 Weeks:**

Stage III – Strengthening (therabands)  
Progress to full IR by 12 weeks

**12 Weeks:**

May begin weight training/gym  
→ avoid close grip bench press/dips  
Progressive return to physical work/job

**5-6 months:** return to contact sports if progressing well