REHABILITATION GUIDELINES FOR SHOULDER –GLOBAL (AROUND THE WORLD STABALIZATION)

PHASE I (*0-6 WEEKS POST-OP*) DATES:

Appointments	• MD appointment at *(10-14 days post-op)* • Begin physical therapy **(4 weeks post-op for multi-directional instability)** **(5-7 days post-op for chronic shoulder instability with chondral damage. *see op note)**
Rehabilitation Goals	• Protect the repair • Pain control
Precautions	• PROM only 0-6 weeks with below restrictions: • **Multi-directional instability:** • Flexion and Abduction limit to 90 degrees x 4 weeks with slow progression past 90 degrees at 4-6 weeks • **Chronic Shoulder instability:** • Flexion and Abduction slow progression with no restriction over 6 weeks • ER/IR in neutral limit to 30 degrees x 6 weeks • Sling on at all times x 6 weeks
Suggested Therapeutic Exercises	• **No Pendulums x 6 weeks** • Sub-max RC/scapular isometrics in neutral supine with support of pillows x 4 weeks • Passive elbow extension with supportive pillows under shoulder/elbow (no shoulder extension)
Cardiovascular Exercises	• Bike • Walking
Progression Criteria	• Pain free with PROM restrictions x 6 weeks

PHASE II (*6-12 WEEKS*)	DATES:
Appointments	Continue physical therapy *(2x week)*
Rehabilitation Goals	• Gain slow steady PROM till full x 12 weeks • Isometric strength in mid range • Glenohumeral seating and stabilization of humeral head postural focus
Precautions	• No isokinetic strength training x 14 weeks • Slow progression of PROM to full by 12 weeks • **Multi-directional Instability:** • No AROM x 8 weeks • **Chronic Shoulder Instability:** • Normal progression of AAROM to AROM with no restrictions
Suggested Therapeutic Exercises	• Continue sub-max isometrics in neutral (progress to seated or standing positions) • Table slides for PROM (pain free) • Seated scapular activation (pain free) • Initiate AAROM pain free
Cardiovascular Exercises	• Bike • Walking
Progression Criteria	• Pain free full PROM

PHASE III (*12-16 WEEKS*)	DATES:
Appointments	Continue physical therapy *(2x week)*
Rehabilitation Goals	• Begin AROM and light strength phase • Pain free motion with focus on proper glenohumeral seating and scapular control
Precautions	• Progress to full strengthening 12 weeks. • Avoid bench + overhead press until 16 weeks
Suggested Therapeutic Exercises	• Continue with AAROM • Wall slides • Rhythmic stabilization ex's • GH seating ex's for positioning of the shoulder

	• SLY and standing scapular activation • Light resistance RC strength in neutral • AROM progression without weight with focus on proper glenohumeral motion/control
Cardiovascular Exercises	• Upper body ergometer • Bike • Walking
Progression Criteria	• Pain free AROM with proper scapula-humeral rhythm

PHASE IV (*4-6 MONTHS*) DATES:

Appointments	Continue physical therapy (*1-2x week PRN)*
Rehabilitation Goals	• Strength phase through full AROM • 6 months assess return to work duties
Precautions	• No swimming x 6 months • Return to sport assessment x 6 months
Suggested Therapeutic Exercises	• Resistance training throughout full AROM • Weight bearing CKC strength progression • Continue with rhythmic stabilization ex's progressing towards all planes • Train reactive core/RC stabilization in all planes • Begin throwing/catching ex's progressing from neutral to all planes
Cardiovascular Exercises	• Upper body ergometer • Bike • Hike • Running (pain free)
Progression Criteria	• Pain free strength through all ranges of motion • Pass return to sport prior to release for impact sports

Updated by: Syd Knadler, 10/2026; Approved by Dr. Crall 10/2026

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