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## SHOULDER INSTABILITY PROCEDURE POSTOPERATIVE PROTOCOL

### 0-2 Weeks

- Sling immobilization is utilized for 6 weeks - the sling is only removed for hygiene, showering and therapy
- Begin passive shoulder motion with forward elevation to 90 degrees and external rotation to 30 degrees
- Begin active motion of the elbow, wrist and hand
- Return visit to the office for a 2 week visit

### 2-6 Weeks

- Sling immobilization is utilized for 6 weeks - the sling is only removed for hygiene, showering and therapy
- Progress passive shoulder motion with forward elevation to 130 degrees and external rotation to 30 degrees - Then progress to regain full shoulder range of motion
- Continue active motion of the elbow, wrist and hand
- No shoulder strengthening exercises
- Return visit to the office for a 6 week visit

### 6-12 Weeks

- Discontinue sling immobilization
- Begin active shoulder range of motion in all planes with no motion restrictions - Progress to regain full range of motion
- Continue active range of motion of elbow, wrist and hand
- No Strengthening Exercises until 8 weeks postoperatively; then begin gentle Deltoid, Rotator Cuff and Periscapular muscle strengthening exercises
- Return visit to the office for a 12 week visit

### 3-6 Months

- Continue active range of motion of elbow, wrist and hand
- Continue active shoulder range of motion in all planes with no motion restrictions and maintain full range of motion
- Continue Deltoid, Rotator Cuff and Periscapular muscle strengthening exercises - advance strengthening exercise as tolerated
- Return visit to the office for a 6 months visit

*This protocol represents an overview of the standard postoperative course. Each patient's medical condition is unique, and thus, variations may be needed to tailor the rehabilitation protocol to optimize recovery.*