

## POSTERIOR STABILIZATION REHABILITATION PROTOCOL

	<b>RANGE OF MOTION</b>	<b>IMMOBILIZER</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I</b> <b>0 - 6 weeks</b>	<p><b>0-3 weeks:</b> None</p> <p><b>3-6 weeks:</b> begin passive ROM - limit flexion to 90 °, internal rotation to 45 °, and abduction to 90 °</p>	<p>Immobilized at all times (except for exercise) in flexion, abduction, and 0° of rotation</p>	<p><b>0-3 weeks:</b> elbow/wrist ROM, grip strengthening</p> <p><b>3-6 weeks:</b> begin passive ROM activities - Codman's, anterior capsule mobilizations</p>
<b>PHASE II</b> <b>6 - 12 weeks</b>	<p>Begin active/active-assistive ROM - passive ROM to tolerance - ROM Goals: full external rotation, 135 ° of flexion, 120 ° of abduction</p>	<p>Sling worn for comfort only</p>	<p>Continue with exercises in phase I, begin active-assistive exercises, deltoid/rotator cuff isometrics -</p> <p>at 8 weeks: begin resistive exercises* for scapular stabilizers, biceps, triceps, and rotator cuff</p>
<b>PHASE III</b> <b>12 - 16 weeks</b>	<p>Gradual return to full active ROM</p>	<p>None</p>	<p>Advance activities in phase II, emphasize external rotation and latissimus eccentrics and glenohumeral stabilization, begin muscle endurance activities (upper body ergometer)</p>
<b>PHASE IV</b> <b>4 - 6 months**</b>	<p>Full and pain-free</p>	<p>None</p>	<p>Aggressive scapular stabilization and eccentric strengthening, begin plyometric and throwing/racquet program, continue with endurance activities, maintain ROM/flexibility</p>
<b>PHASE V</b> <b>6 - 7 months</b>	<p>Full and pain-free</p>	<p>None</p>	<p>Progress phase IV activities, return to full activity</p>

\*Utilize exercise arcs that protect the posterior capsule from stress during resistive exercises, and keep

all strengthening exercises below the horizontal plane in this phase  
\*\*Limited return to sports activities