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POSTERIOR STABILIZATION REHABILITATION PROTOCOL

| | RANGE OF MOTION | IMMOBILIZER | EXERCISES |
|---------------------------------|--|--|--|
| PHASE I 0-6 weeks | 0-3 weeks: None 3-6 weeks: Begin PROM Limit 90° flexion, 45° IR, 90° abduction | 0-2 weeks: Immobilized at all times day and night Off for hygiene and gentle exercise according to instruction sheets 2-6 weeks: Worn daytime only | 0-3 weeks: Elbow/wrist ROM, grip strengthening at home only 3-6 weeks: Begin PROM activities Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule; closed chain scapula |
| PHASE II 6-12 weeks | Begin active/active- assisted ROM, passive ROM to tolerance Goals: full ER, 135° flexion, 120° abduction | None | Continue Phase I work; begin active- assisted exercises, deltoid/rotator cuff isometrics at 8 weeks Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff* |
| PHASE III 12-16 weeks | Gradual return to full AROM | None | Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Cycling/running as tolerated at 12 weeks |
| PHASE IV 4-5 months** | Full and pain-free | None | Aggressive scapular stabilization and eccentric strengthening Begin plyometric and throwing/racquet program, continue with endurance activities Maintain ROM and flexibility |
| PHASE V 5-7 months | Full and pain-free | None | Progress Phase IV activities, return to full activity as tolerated |

*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II

**Limited return to sports activities