**POSTERIOR STABILIZATION**

**REHABILITATION PROTOCOL**

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|  | **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