

SEAN P ROBINSON, MD

POSTERIOR STABILIZATION REHABILITATION PROTOCOL

Phase 1: 0-6 weeks

Range of motion:

1. 0-3 weeks: pendulums and salute with arm in scapular plain
2. 3-6 weeks: PROM; Limit Flexion 90, IR 45, Abduction 90

Immobilizer:

1. 0-2 weeks: At all times except for hygiene and exercises
2. 3-6 weeks: Worn at daytime, at night if desired
3. Discontinue after 6 weeks

Exercises:

1. 0-3 weeks: Elbow/wrist ROM, grip strengthening
2. 3-6 weeks: PROM activities - Codman's, closed chain scapula; do not stretch posterior capsule

Phase 2: 6-12 weeks

Range of motion:

1. Begin AAROM and AROM
2. Goals: Full ER, Flex 135, Abduction 120

Exercises:

1. Continue Phase 1 work: begin AAROM, deltoid/rotator cuff isometrics @8weeks
2. Begin resistive exercises for scapular stabilizers, biceps, triceps
3. All strengthening below the horizontal plane

Phase 3: 12-16 weeks

Range of motion

1. Gradual return to full AROM

Exercises:

1. Advance Phase 2 activities
2. Emphasize ER/IR, Glenohumeral stabilization
3. Cycle running as tolerated at 12 weeks

Phase 4: 4-5 months

Range of Motion

1. Full and pain free

Exercises:

1. Aggressive scapular stabilization, eccentric strengthening, begin plyometrics

Phase 5: 5-7 months

Return to sport