



Posterior Stabilization Rehabilitation Protocol

	Range of Motion	Immobilizer	Therapeutic Exercises
Phase I 0 - 6 weeks	Week 0-3: NWB Week 3-6: Begin PROM PROM - Limit flexion to 90°, IR to 40°, ABD to 90°, no ER restriction	Immobilized at all times, excluding therapeutic exercises, in flexion, abduction, and 0° of rotation	Week 0-3: Elbow/forearm/wrist ROM, grip strengthening Week 3-6: Begin PROM activities (Codman's, anterior capsule mobs)
Phase II 6 - 12 weeks	Passive ROM to tolerance Begin active/active-assistive ROM Goals: Full ER/IR, 135° of flexion, and 120° of ABD	Sling worn for comfort only	Begin AAROM exercises progressing to AROM May initiate deltoid/rotator cuff isometrics and UE ergometer Week 8**: Begin resistive exercises* for scapular stabilizers, biceps, triceps, and rotator cuff
Phase III 12 - 16 weeks	Gradual return to full AROM	None	Advance Phase II exercises with emphasis on ER and latissimus eccentrics as well as glenohumeral stabilization
Phase IV 4 - 6 months***	Full, pain free ROM	None	Aggressive scapular stabilization and eccentric strengthening Begin plyometric and throwing/racquet program Continue with endurance activities Maintain ROM/flexibility
Phase V 6 - 7 months	Full, pain free ROM	None	Advance Phase IV exercises with return to full activity

*Utilize exercise arcs that protect the posterior capsule from stress during resistive exercises, limit strengthening exercises to 90° flex/scap/abd in this phase

**Patient may start running

***Limit return to sport activities