

Posterior Stabilization Rehabilitation Protocol

Phase I (Weeks 0 to 6)

Brace

- Immobilized at all times (except for exercise) in flexion, abduction and 0 degrees of rotation

Weeks 0 to 3

Range of Motion

- None

Exercise

- Elbow/wrist range of motion, grip strengthening

Weeks 3 to 6

Range of Motion

- Begin passive range of motion
 - Limit flexion to 90 degrees
 - Internal rotation to 45 degrees
 - Abduction to 90 degrees

Exercise

- Begin passive range of motion activities (Codman's, anterior capsule mobilizations)

Phase II (Weeks 6 to 12)

Brace

- Sling worn for comfort only

Range of Motion

- Begin active/active assistive range of motion
- Passive range of motion to tolerance
- Goal of full external rotation, 135 degrees of flexion, 120 degrees of abduction

Exercise

- Continue with exercises in Phase I
- Begin active assistive exercise
- Deltoid/rotator cuff isometrics at week eight
- Begin resistive exercises* for scapular stabilizers, biceps, triceps and rotator cuff

Phase III (Weeks 12 to 16)

Brace

- None

Range of Motion

- Gradual return to full active range of motion

Exercise

- Advance activities in Phase II
- Emphasize external rotation and latissimus eccentrics and glenohumeral stabilization
- Begin muscle endurance activities (upper body ergometer)

Phase IV (Months 4 to 6)**

Range of Motion

- Full and pain free

Exercise

- Aggressive scapular stabilization and eccentric strengthening
- Begin plyometric and throwing/racquet program
- Continue with endurance activities
- Maintain range of motion/flexibility

Phase V (Months 6 to 7)

Range of Motion

- Full and pain free

Exercise

- Continue Phase IV activities
- Return to full activity

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