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## Posterior Stabilization Rehab 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 8
- 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**

- Progress 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*