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## Posterior Stabilization

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Phase 0: Quiet (Weeks 0 to 2)

- Sling with wedge for six weeks
- Elbow/wrist/hand AROM

### Phase I: Passive (Weeks 2 to 6)

#### Weeks 2 to 3

- Supine external rotation - 0 degrees
- Supine forward elevation - 90 degrees
- No internal rotation

#### Weeks 4 to 6

- Supine external rotation - 30 degrees
- Supine forward elevation - gradually increase to full in scapular plane

### Phase II: Active (Weeks 7 to 10)

- Pendulums to warm-up
- Active range of motion with terminal stretch as tolerated
- Supine → seated external rotation – full
- Supine → seated forward elevation – full in scapular plane
- Internal rotation – gradually increase to full by week 12

### Phase III: Resisted (Week 11)

- Pendulums to warm up and continue with Phase II
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Gradually increase internal rotation motion to full by 12 weeks

### Weight Training (Week 12)

- Avoid posterior capsular stress; do not lock out arms in forward bench press
- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- **No** military press, pull-down behind head or wide grip bench

### Return to Activities

- Computer: 2-4 weeks
- Golf: 12 weeks (chip and putt only); six months (full swing)
- Tennis: 5 months (plus)
- Contact sports: 6 months