

Posterior Stabilization Rehabilitation Protocol

	<u>RANGE OF MOTION</u>	<u>SLING</u>	<u>THERAPEUTIC EXERCISE</u>
PHASE 1 (0-4 WEEKS)	Begin passive range of motion – limit flexion to 90°, internal rotation to 45° and abduction to 90°, external rotation to 45°.	At all times except for hygiene and exercises.	Hand, elbow/wrist range of motion, ball squeeze, pendulums. Begin passive range of motion, Codman's, anterior capsule mobilizations.
PHASE II (4-12 WEEKS)	Begin active/active assistive range of motion – full passive range of motion as tolerated. Goals: Full range of motion at 4-6 weeks.	Discontinue	Continue with exercises in Phase I, begin active –assistive exercises, deltoid/rotator cuff isometrics. At 6-8 weeks begin resistive exercises for scapula stabilizers, biceps, triceps and rotator cuff.
PHASE III (12-16 WEEKS)	Full range of motion	Discontinue	Advance activities in Phase II.
PHASE IV (4-6 MONTHS)	Full range of motion	Discontinue	Aggressive scapula stabilization and eccentric strengthening. At 4 months, begin plyometrics and sports specific throwing program. Continue endurance activities, strengthening and stretching. Progress Phase III activities, return to full activity as tolerated.