



Bryn Mawr Sports Medicine

Kevin B. Freedman, M.D.

Sports Medicine
 27 South Bryn Mawr Ave
 Bryn Mawr, PA 19010-3470
 Phone: (610) 527-2727
 Fax: (610) 527-1588

POSTERIOR STABILIZATION REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 6 weeks	<p>0-3 weeks: None</p> <p>3-6 weeks: begin passive ROM - limit flexion to 90 °, internal rotation to 45 °, and abduction to 90 °</p>	<p>Immobilized at all times (except for exercise) in flexion, abduction, and 0° of rotation</p>	<p>0-3 weeks: elbow/wrist ROM, grip strengthening</p> <p>3-6 weeks: begin passive ROM activities - Codman's, anterior capsule mobilizations</p>
PHASE II 6 - 12 weeks	<p>Begin active/active-assistive ROM - passive ROM to tolerance - ROM Goals: full external rotation, 135 ° of flexion, 120 ° of abduction</p>	<p>Sling worn for comfort only</p>	<p>Continue with exercises in phase I, begin active-assistive exercises, deltoid/rotator cuff isometrics -</p> <p>at 8 weeks: begin resistive exercises* for scapular stabilizers, biceps, triceps, and rotator cuff</p>
PHASE III 12 - 16 weeks	<p>Gradual return to full active ROM</p>	<p>None</p>	<p>Advance activities in phase II, emphasize external rotation and latissimus eccentrics and glenohumeral stabilization, begin muscle endurance activities (upper body ergometer)</p>
PHASE IV 4 - 6 months**	<p>Full and pain-free</p>	<p>None</p>	<p>Aggressive scapular stabilization and eccentric strengthening, begin plyometric and throwing/racquet program, continue with endurance activities, maintain ROM/flexibility</p>
PHASE V 6 - 7 months	<p>Full and pain-free</p>	<p>None</p>	<p>Progress phase IV activities, return to full activity</p>

*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