

Centers for Advanced Orthopedics

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The Centers
for Advanced Orthopaedics

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° and abduction to 90° No pass. motion of Post cap. AROM only to regain FF and ER at side as tolerated</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 - 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 GH stabilizat. 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