



Office: 323-442-5860

Cell: 248-721-3740

Email: kevincollon@gmail.com

POSTERIOR STABILIZATION REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-6 weeks	<p>0-3 weeks: None</p> <p>3-6 weeks: Begin PROM Limit 90° flexion, 45° IR, 90° abduction</p>	<p>0-2 weeks: Immobilized at all times day and night</p> <p>Off for hygiene and gentle exercise according to instruction sheets</p> <p>2-6 weeks: Worn daytime only</p>	<p>0-3 weeks: Elbow/wrist ROM, grip strengthening at home only</p> <p>3-6 weeks: Begin PROM activities Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule; closed chain scapula</p>
PHASE II 6-12 weeks	<p>Begin active/active-assisted ROM, passive ROM to tolerance</p> <p>Goals: full ER, 135° flexion, 120° abduction</p>	None	<p>Continue Phase I work; begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks</p> <p>Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff*</p>
PHASE III 12-16 weeks	Gradual return to full AROM	None	<p>Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization</p> <p>Begin muscle endurance activities (upper body ergometer)</p> <p>Cycling/running as tolerated at 12 weeks</p>
PHASE IV 4-5 months**	Full and pain-free	None	<p>Aggressive scapular stabilization and eccentric strengthening</p> <p>Begin plyometric and throwing/racquet program, continue with endurance activities</p> <p>Maintain ROM and flexibility</p>
PHASE V 5-7 months	Full and pain-free	None	Progress Phase IV activities, return to full activity as tolerated

*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II

**Limited return to sports activities