POSTERIOR STABILIZATION PROTOCOL

Date of Surgery: _____

Weeks 0-3:
- Sling in neutral rotation for 3 weeks (abduction sling)
- Pendulum exercises, elbow and wrist ROM
- Wrist and grip strengthening

Weeks 3-6:
- Restrict to FF 90∞/IR to stomach PROM → AAROM → AROM
- ER with arm at side as tolerated
- Begin isometrics with arm at side – FF/ER/IR/ABD/ADD
- Start scapular motion exercises (traps/rhomboids/lev. scap/etc)
- No cross-arm adduction, follow ROM restrictions
- Heat before treatment, ice after treatment per therapist's discretion

Weeks 6-12:
- Increase ROM to within 20∞ of opposite side; no manipulations per therapist; encourage patients to work on ROM on a daily basis
- Once 140∞ active FF, advance strengthening as tolerated: isometrics bands light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers with low abduction angles
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Closed chain exercises

Months 3-12:
- Advance to full ROM as tolerated
- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing at 4 1/2 months
- Push-ups at 4 1/2 - 6 months
- Throw from pitcher's mound at 6 months; Contact sports at 6-9 months

Modalities/Other: