



REHABILITATION PROTOCOL: POSTERIOR STABILIZATION

DR. KEVIN SHEPET

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

WEEK 0-3

- Patient is placed in a sling immediately postop
- Pendulums, ROM elbow, wrist and hand PROM: scapular plane elevation to 90°
- ER to neutral; IR to 45°
- Scapula AROM: elevation and retraction
- Active elbow flexion / extension strengthening exercises (begin with isometrics).
- May squeeze a soft ball

WEEK 3-4

- PROM: scapular plane elevation to 140°; ER to 30°; IR to 45°
- Pulleys
- Scaption isometrics @ 30° (against gravity)

WEEK 4-6

- PROM: scapular plane elevation to 165°; ER to 40°
- AROM: scaption- supine @ 4wks, standing @ 5wks Sidelying
- ER Bodyblade: scaption @ 0°, ER/IR - * not aggressive*
- Dynamic weight bearing on ball (bilateral)

WEEK 6-8

- PROM: scapular plane elevation to full; ER to 60°
- Gain full IR without forcing it
- ER/IR with resistive tubing
- ER/IR standing with weight resisted scaption
- Upper Body rows
- PNF D2 diagonal – AROM to light resistance

WEEK 8-10

- PROM: to tolerance including cocking (ER @ 90° ABD)
- Bodyblade horizontal abd/add
- Supine cocking with weight (eccentric emphasis)
- Supine PNF D2 diagonal with weight (eccentric emphasis)
- Dynamic weight bearing on ball (unilateral)
- Add a lower body conditioning program
- If there is full ROM, normal joint mechanics, and pain free movement, begin Shadow Mechanics to simulate the throwing motion.
- NOTE: Shadow Mechanics - simulating the mechanics of the throwing motion without actually throwing an object. A towel or long, slightly weighted sock may be used to provide slight resistance for the arm. The goal of this exercise is to correct any mechanical deficiencies (such as being late, dropping the elbow, and opening up too soon) before actually attempting to throw a baseball.

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WEEK 10+

- Rebounder cocking and backhand toss
- Push ups
- Increase speed of training
- Sliding board side-side with rotation
- Increase emphasis on eccentric control of cocking

Months 4-6

- **Gradual return to athletic activity; Discharge onto home program**
- Continue strengthening and endurance exercises with emphasis on the muscles needed specifically for their playing position.
- Continue with the Throwing Program with emphasis on proper throwing mechanics, as tolerated.

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