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## POSTERIOR STABILIZATION REHABILITATION PROTOCOL

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

\*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