450 Broadway St. MC 6120 Redwood City, CA 94063 Ph: 650-723-5643 Fax: 650-723-3429 3801 Miranda Ave. MC Ortho 112 Palo Alto, CA 94304 Ph: 650-493-5000 x66101 Fax: 650-849-1265

POSTERIOR STABILIZATION PROTOCOL

 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 	Name:	
Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks	Diagnosis:	
 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 ½ nonths Push-ups at 4 ½ - 6 months Push-ups at 4 ½ - 6 months Throw from pitcher's mound at 6 months; Contact sports at 6-9 months Modalities/Other: 	Date of Surgery:	
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