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Shoulder Posterior Stabilization Protocol

Phase I

0-2 weeks:

- No motion, shoulder immobilizer on at all times including while sleeping. May remove immobilizer only for elbow range of motion and hygiene.

3-6 weeks:

- Begin **passive** ROM. Limit 90° flexion, 45° IR, 90° abduction. May remove shoulder immobilizer to sleep at night.
- Exercises: Codman's, closed chain scapula, avoid stretching posterior capsule

Phase II

6-12 weeks:

- Begin active/active assisted ROM. Advance to 135° FE, 120° abduction, full ER.
- No need to wear shoulder immobilizer
- Exercises: Continue Phase I exercises, begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff.

Phase III

12-16 weeks:

- Gradual return to full active range of motion
- Advance activities in Phase II, emphasize external rotation and glenohumeral stabilization
- Begin muscle endurance activities. Cycling/running as tolerated at 12 weeks

Phase IV

4-6 months:

- Full and pain free range of motion
- Aggressive scapular stabilization and eccentric strengthening
- Begin plyometric and throwing/racquet program, continue with endurance activities
- Maintain ROM and flexibility
- Return to all activity as tolerated at 5-6 months