

roc

reno orthopedic center

POSTERIOR STABILIZATION PROTOCOL

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____ 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 months
- Push--ups at 4 ½ -- 6 months
- Throw from pitcher's mound at 6 months; Contact sports at 6--9 months

Modalities/Other:

Signature _____

Date: _____