
Posterior Stabilization

Name: _____ Date: ____ / ____ / ____

Phase I: Passive (Weeks 0 to 6)

Week 0 to 3

- Sling with wedge for three weeks

Week 4 to 6

- UltraSling for three weeks
- Supine external rotation – gradually increase to full
- Supine forward elevation – gradually increase to full in scapular plane

Phase II: Active (Weeks 7 to 10)

- Pendulums to warm-up
- Active range of motion with terminal stretch as tolerated
- Supine → seated external rotation – full
- Supine → seated forward elevation – full in scapular plane
- Internal rotation – gradually increase to full by week 12

Phase III: Resisted (Week 11)

- Pendulums to warm up and continue with Phase II
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Gradually increase internal rotation motion to full by 12 weeks

Weight Training (Week 12)

- Avoid posterior capsular stress; do not lock out arms in forward bench press
- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- **No** military press, pull-down behind head or wide grip bench

Return to Activities

- Computer: 4 weeks
- Golf: 12 weeks (chip and putt only); six months (full swing)
- Tennis: 5 months (plus)
- Contact sports: none for a minimum of six months