



## **Anterior/Posterior Stabilization**

Sling for 6 weeks

### **Phase I- Passive**

#### **Weeks 2-6**

In scapular plane Elevation to 90  
External rotation 0 to 30 degrees  
Internal rotation to abdomen only  
Work on isometric strengthen

### **Phase II - Active**

#### **Weeks 7 and 8**

Full Elevation and External rotation actively with no passive stretch  
Begin internal rotation **slowly** increasing to normal by week 12

### **Phase III - Resistive**

#### **Week 9**

Full active and passive range of motion with terminal stretch  
Teraband exercise and terminal stretching only

#### **Week 12**

Stretching and strengthening with slow progression over 4-6 weeks