



Posterior Stabilization

Sling for 6 weeks

Phase I - Passive

Weeks 2 and 6

- In scapular plane
- 90 degree elevation
- Slow progress to full external rotation
- Internal rotation to abdomen only
- Isometrics for strength only
- Elbow full ROM
- Pendulums

Phase II - Active

Weeks 7 and 8

- Full Elevation and External rotation
- Begin internal rotation **slowly** increasing to normal by week 12

Phase III - Resistive

Week 9

- Sport cord exercise begin weight training to protect posterior capsule

Week 12

- Weight training with slow progression over 4-6 weeks

Return to sport 6 months