

Rehabilitation Protocol for Combined Anterior & Posterior Stabilization



Dr. Feinstein

Phase 1: 0-6 Weeks

- Sling in neutral rotation for 6 weeks with padded abduction sling **WORN AT THE SIDE**
- Scapular posture & mobility
- Elbow, wrist and hand ROM; Grip strengthening
- Gentle passive shoulder ROM (FE < 90°, Abd < 90°)

- Continue to limit stress to anterior capsule until 4 months
- Return to throwing at 4 1/2 months
- Throw from pitcher's mound at 6 months
- Return to sport on MD approval
 - Must have min 90% strength of contralateral extremity

Phase 2: 6-12 Weeks

- Wean out of sling beginning at week 6. Consider use in public for 2-4 additional weeks
- Progress passive and active assisted ROM
 - Advance to active ROM
 - Goal is within 20 degrees of opposite side
 - NO aggressive manipulations
- Start scapular stabilization exercises avoiding anterior capsule stress (traps/rhomboids/lev scap/etc.)
- Begin isometric RC strengthening
- No **CROSS-ARM ADDUCTION**
- Can begin stationary bike; no jogging allowed

Phase 3: 3+ Months

- If ROM lacking, increase to full with *gentle* passive stretching at end ranges
- Only do strengthening 3 times a week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (e.g., weighted ball toss), proprioception (e.g., body blade), and closed chain exercises
- Begin sports-related rehab at 3 months, including advanced conditioning

*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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