

Bonnie P. Gregory, MD
POSTERIOR STABILIZATION
REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
<i>PHASE I</i> <i>0-6 weeks</i>	0-3 weeks: None 3-6 weeks: Begin PROM->AAROM->AROM Restrict FF 90, IR to stomach ER at the side as tolerated No cross-arm ADD	0-3wk: Neutral ABD Sling worn at all times At 3 weeks sling can be discontinued, used when in crowded areas.	0-3 weeks: Codman's, elbow/wrist ROM, grip strengthening 3-6 weeks: Begin isometrics with arm at the side FF/ER/IR/ABD/ADD Start scapular motion exercises
<i>PHASE II</i> <i>6-12 weeks</i>	Increase ROM within 20 of contralateral arm. No Manipulations	None	Once 140 FF reached, may begin advanced strengthening exercises. Isometrics->Bands->Light Weights Closed chain exercises
<i>PHASE III</i> <i>3-12 Months</i>	Advance to full ROM as tolerated	None	Eccentrically resisted motions, plyometric, proprioception exercises Begin sport related rehab at 3 months Return to throw progression 4.5 months Push-ups 4.5-6 months Throw from pitcher's mound at 6 months

For any questions or concerns regarding the protocol or rehabilitation process please contact

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