

Dr. Mark McCarthy
 Chippewa Valley Orthopedics & Sports Medicine
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Patient _____
 D.O.S. _____

Posterior Stabilization

	0-3 WEEKS Begins on DOS	3-6 WEEKS	6-12 WEEKS	12-16 WEEKS	WEEK 16+	
FLEXION	NONE	PROM to 90	Begin AAROM and AROM, progress as tolerated			
ABDUCTION	NONE	PROM to 90	Begin AAROM and AROM, progress as tolerated			
EXTENSION	NONE	PROM	Begin AAROM and AROM, progress as tolerated			
ER	NONE	PROM	Begin AAROM and AROM, progress as tolerated			
IR	NONE	PROM to 45	Begin AAROM and AROM, progress as tolerated			
IMMOB/SLING	All times 0-2 weeks	Worn daytime only	Wean			
P.T. visits/week	0	2-3	2-3	1-3	1-3	
EXERCISES	AROM (cervical, elbow, wrist, hand)					
	Passive Pendulums	Anterior capsule joint mobilizations				
Any questions, please contact : Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060	<ul style="list-style-type: none"> PT visits/week may vary Individual exercise progression may vary Return to sport/work by MD only. 	Scapular retraction/Depression	Begin resistive exercises for scapular stabilizers			
		Closed Chain Scapula	Deltoid/rotator cuff isometrics @ 8 weeks, progress to deltoid/cuff resistive exercises			
		<ul style="list-style-type: none"> Avoid stretch of posterior capsule 	UBE		Emphasize ER and latissimus eccentrics, glenohumoral stabilization.	
			<ul style="list-style-type: none"> Strengthening below horizontal plane only Protect the posterior capsule 		Begin muscle endurance activities	
					Cycling/Running @ 12 weeks	
					Aggressive scapular stabilization and eccentric strengthening	
		Begin plyometrics				