

Dr. Mark McCarthy

Chippewa Valley Orthopedics & Sports Medicine
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 Altoona, WI 54720 Chippewa Falls, WI 54729

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				
			<ul style="list-style-type: none"> Strengthening below horizontal plane only 	Emphasize ER and latissimus eccentrics, glenohumoral stabilization.			
				Begin muscle endurance activities			
			<ul style="list-style-type: none"> Protect the posterior capsule 	Cycling/Running @ 12 weeks			Aggressive scapular stabilization and eccentric strengthening
				Begin plyometrics			