

Dr. Curtis Noel's Protocol for:

**POSTERIOR
STABILIZATION**



Sling Use:		<ul style="list-style-type: none"> • External Rotation Sling for 8 weeks • No rehabilitation for 4 weeks
Phase I: (Passive)	Week 4-5	<ul style="list-style-type: none"> • Pendulums to warm-up • Passive Range of Motion • Supine External Rotation – Full • Supine Forward Elevation – Full in scapular plane • Internal Rotation to belt line
Phase II: (Active/Assistive)	Week 6-8	<ul style="list-style-type: none"> • Pendulums to warm-up • Active Assistive Range of Motion with Passive Stretch to prescribed limits • Supine-Seated External Rotation – Full • Supine-Seated Forward Elevation – Full in scapular plane • Internal Rotation – Gradually increase to full by week 12
Phase III: (Resisted)	Week 9-10	<ul style="list-style-type: none"> • Pendulums to warm up and continue with phase 2 • External and Internal Rotation • Standing forward punch • Seated rows • Bicep Curls • Bear Hugs • PRE's for periscapular strengthening
Weight Training:	Week 12	<ul style="list-style-type: none"> • Avoid posterior capsular stress • Keep hands within eyesight, Keep elbows bent. • Minimize overhead activities (No Military press, pulldown behind head, or wide grip bench)
Return to activities:	Immediately in sling	Computer, eating, holding a book, typing, writing
	9 weeks	Golf (CHIP AND PUTT ONLY)
	4 months	Golf (Full swing)
	4 months (minimum)	Tennis
	Throwing	6 months
	Contact sports	At least 6 months