

Name \_\_\_\_\_

Date \_\_\_\_\_

Physician \_\_\_\_\_



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## Patient Flow Sheet

# Posterior Stabilization

### Phase 1 - (PASSIVE)

- Week 0-3            Sling with wedge for 3 weeks
- Week 4-6            Ultra-sling for 3 weeks  
Supine External Rotation – gradually increase to full  
Supine Forward Elevation – gradually increase to full in scapular plane.

### Phase 2 - (ACTIVE)    Pendulums to warm-up Active Range of Motion with terminal stretch as tolerated

- Week 7-10            Supine→Seated External Rotation – Full  
Supine→Seated Forward Elevation – Full in scapular plane  
Internal Rotation – gradually increase to full by week 12

### Phase 3 - (RESISTED) Pendulums to warm up and continue with phase 2

- Week 11              External and Internal Rotation  
Standing forward punch  
Seated rows  
Shoulder shrugs  
*\*gradually increase internal rotation motion to full by 12 weeks.*

### Weight Training

- Week 12              Avoid posterior capsular stress-do not lock out arms in forward bench press.  
Keep hands within eyesight, keep elbows bent.  
Minimize overhead activities  
(No military press, pull-down behind head, or wide grip bench)

### Return to Activities

- |                |  |
|----------------|--|
| Computer       | 4 weeks  |
| Golf           | 12 weeks (chip & putt only)<br>6 months (full swing) |
| Tennis         | 5 months (plus)                                      |
| Contact sports | None for a minimum of 6 months                       |

### Surgeon Comments

Therapist Name \_\_\_\_\_