
Anterior Stabilization

Name: _____ Date: ____ / ____ / ____

Phase 0: Quiet (Week 0)

- Quiet in sling with elbow, wrist, hand
- Begin active scapular retraction exercises with therapist cueing

Phase I: Passive (Weeks 1 to 4)

Weeks 1 to 3

- Pendulums to warm-up
- Supine external rotation – 0 degrees
- Supine forward elevation – 90 degrees
- No internal rotation

Week 4

- Sling for four weeks
- Supine external rotation – 30 degrees
- Supine forward elevation – full
- Internal rotation to belt line

Phase II: Active (Weeks 4 to 5)

- Pendulums to warm-up
- Active range of motion with passive stretch to prescribed limits
- Supine → Seated external rotation (gradually increase to full by week 12)
- No terminal stretching with ER
- Supine → Seated forward elevation – full
- Internal rotation – full

Weight Training (Week 12)

- Avoid anterior capsular stress
- Keep hands within eyesight, keep elbows bent, no long lever arms
- Minimize overhead activities
- No military press, pull-down behind head or wide grip bench

Return to Activities

- Computer: after 4 weeks
- Golf: 8 weeks (chip and putt only)
- Tennis: 12 weeks (no overhead)
- Throwing position: after 3 months
- Contact sports: 4 months
- Tennis: 12 weeks (no overhead)
- Contact sports: 4 months

- Contact sports: 4 to 5 months