

Remplissage Steadman Hawkins Protocol

Sling for 6 weeks. Avoid “throwing position” for 3 months.

Phase 0- QUIET

Week 0

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

Phase 1 – PASSIVE

Week 1-6

Pendulums to warm-up
Supine External Rotation – 15°-30°
Supine Forward Elevation - 90°
No Internal Rotation past 30° (in sling)

Phase 2 – ACTIVE

Week 6-10

Pendulums to warm-up
Active ROM with passive stretch to prescribed limits
Supine AROM → Seated Forward Elevation - Full
Supine AROM → Seated External Rotation - 30°
Bicep Curls/Bear Hugs
Internal Rotation – IR ROM to stomach but DO NOT STRETCH
Horizontal Adduction – to body

Phase 3 – RESISTED

Week 12-15

Pendulums to warm-up and continue with phase 2
External and Internal Rotation
Standing forward punch
Seated Rows
Continue ER and IR progression to full ROM with end range stretch
Band exercises for strengthening
Scapular stabilization exercises – rhythmic stab, mod hand taps

Weight Training

Week 16

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

12 weeks (chip and putt only)

Tennis

16 weeks (no overhead)

Contact Sports

6 months