

NAME: _____ DOS: _____

FREQUENCY/DURATION: ___ TIMES PER WEEK FOR ___ WEEKS

(203)-869-3470

Arthroscopic Anterior Shoulder Stabilization

Phase 1 (Weeks 0-4)

- Sling Immobilization:** At all times, except for showering and rehab
- Range of Motion:**
 - None - days 1-21
 - Avoid shoulder extension beyond neutral
 - Weeks 3-4: begin PROM->AAROM (restrict to 90° of forward flexion, 45° of abduction, 30° of external rotation in scapular plane and internal rotation to stomach)
- Therapeutic Exercises:**
 - Elbow/wrist/hand range of motion
 - Grip strengthening
 - Isometric abduction, internal/external rotation with elbow at side
- Modalities:** PRN, ice/heat

Phase 2 (Weeks 4-6)

- Sling Immobilization:** Discontinue
- Range of Motion:**
 - Forward flexion, internal rotation, and gentle/gradual external rotation in scapular plane to full motion as tolerated
 - Begin AROM in scapular plane as tolerated (e.g., scaption within comfortable range)
 - Continue to avoid anterior capsular stress by limiting terminal extension and ER
- Therapeutic Exercises:**
 - Active UBE progression
 - Continue with Phase 1 exercises, advance to use of theraband
 - Begin prone extensions and scapular stabilizing exercises (not beyond neutral)
 - Gentle joint mobilization
- Modalities:** PRN, per PT discretion

Phase 3 (Weeks 6-12)

- Range of Motion:**
 - Progress to full AROM without discomfort
- Therapeutic Exercise:**
 - Advance Phase II exercises
 - Advance theraband exercises to isotonic, can use light weights 1-5 lbs
 - 8-12 reps/2-3 sets for cuff, deltoid, scapular stabilizers, biceps/triceps, IR/ER
 - OKC/CKC perturbation activities, rhythmic stabilization
 - PNF patterns w/ resistance
- Modalities:** Per PT discretion

Phase 4 (Months 4-6)

- Range of motion:**
 - Full AROM without discomfort
- Therapeutic Exercises:**
 - Continue with advanced strengthening, plyometrics (strengthening 3x per week)
 - Sport/work specific rehabilitation if strength scores >75%
 - Return to graduated throwing program at 4.5-5 months
 - Return to sports at 6 months if approved by MD