

**Post-Operative Protocol:**

**Arthroscopic Anterior Shoulder Stabilization**

**Diagnosis :** (Left) / (Right) Shoulder Arthroscopic Anterior Stabilization

**PHASE 1: Initial Recovery / Recuperation Phase: WEEKS 1 - 4**

- Immobilization in sling x3-4 weeks except for exercises; Elbow A/AAROM: flexion and extension.

- Protect anterior capsule from stretch. Limit ER to neutral, abduction or forward elevation to 90° and only in scapular plane. **No active ER.**

- Modalities (i.e. CryoCuff) PRN; Wrist and gripping exercises; Deltoid isometrics.

**PHASE 2: Initial Rehab / Motion Phase: WEEKS 4 - 6**

- At 4 weeks, begin supine PROM and pendulum exercises in plane of scapula with limit of 90° of forward elevation/abduction; supine PROM ER to 15° with broomstick; No active ER

- Pool exercises: A/AAROM flexion, extension, horiz. add, elbow flex & extension; Modalities PRN.

- Deltoid isometrics; light wrist flexion/extension exercises with forearm neutral or in pronation.

- Begin to wean sling at home during week 5 and discontinue use of sling during week 6.

**PHASE 3: Motion Restoration Phase: WEEKS 6 - 12**

- 6-10 weeks, gradual A/AA/PROM to improve ER with arm at side

  → Goals = 30° ER at 8 wks; 50° ER at 10-12 wks; 75° ER at 12-14 wks

- Progress forward elevation to tolerance by emphasizing passive supine forward elevation; progressive to active assist forward elevation in plane of scapula with shoulder/proximal humerus in neutral rotation.

- At 10-12 weeks, initiate A/AA/PROM to improve ER with arm in 45° abduction.

  → Goal at 10 wks = ~45° ER in 45° Abduction

- At 10-12 weeks, incorporate pulley use to gradually facilitate PROM forward elevation to full in neutral

- Pool exercises AROM all directions below horizontal, light resisted motions in all planes.
- AROM activities to restore flexion, IR, horiz ADD.
- Deltoid isometrics progressing to isotonics.  
  - Joint mobilization (posterior glides).
- Rotator Cuff – begin isometrics
  - PRE’s work rotators in isolation (use modified neutral).
- PRE’s for scapular muscles, latissimus, biceps, triceps.
- Emphasize posterior cuff, latissimus, & scapular muscle strengthen, stress eccentrics.
- Utilize exercise arcs that protect anterior capsule from stress during PRE’s.
- Keep all strength exercises below the horizontal plane in this phase.

**PHASE 4: Progressive Motion & Initial Strengthening Phase:**  
**WEEKS 12 - 16**

- AAROM activities to restore full ROM.
- Aggressive scapular stabilization & eccentric strengthening.
  - Joint mobilization.
  - PRE’s for all upper quarter musculature (begin to integrate upper extremity patterns).
  - Continue to emphasize eccentrics and glenohumeral stabilization. All PRE’s are below the horizontal plane for non-throwers.
- Begin isokinetics.

**PHASE 5: Progressive Strengthening Phase: WEEKS 16 - 24**

- Begin muscle endurance activities (UBE).
- Advanced functional exercises.
  - Continue with agility exercises.
  - Full return to sporting activities with MD clearance at ~24 wks.

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