

## ARTHROSCOPIC ANTERIOR SHOULDER STABILIZATION/REPAIR

### REHABILITATION PROTOCOL

#### *Post-Operative Physical Therapy Protocol*

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	<b>RANGE OF MOTION</b>	<b>SLING/CRADLE</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I</b> 0-4 weeks	Active/active-assisted: stretch to 20° of external rotation, 90° of forward flexion, internal rotation to stomach, abduction to 45° NO cross-body adduction	Worn at all times except for washing, sleep and therapeutic exercise	Elbow/wrist/hand ROM, grip strengthening, isometric in sling, external/internal rotation exercises with elbow at side
<b>PHASE II</b> 4-8 weeks	Increase external rotation to 40° at side, forward flexion to 140°, internal rotation behind back to waist, abduction 60°	None	Advance isometrics in phase I to use of a theraband, continue with elbow/wrist/hand ROM and grip strengthening, begin prone extensions and scapular stabilizing exercises, gentle joint mobs Modalities as needed
<b>PHASE III</b> 8-12 weeks	Progress to full active motion without discomfort Gentle passive stretching at end ranges	None	Advance theraband exercises to use of weights, continue with and progress exercises in phase II Include RTC, deltoid, and scapular stabilizers

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**PHASE IV**  
12 weeks  
– 6  
months

Full without discomfort

None

Advance exercises in phase  
III, begin functional  
progression to work/sport,  
return to previous activity  
level\*\*  
Begin upper body  
ergometer, proprioception,  
plyometrics  
Return to throwing at 4 ½  
months; throw from  
pitcher's mound at 6  
months