



ARLINGTON  
ORTHOPEDICS

## After Arthroscopic Anterior Shoulder Stabilization

### Rehabilitation Protocol

#### Phase 1: Immediate Postoperative Phase-“Restrictive Motion”

##### Goals

- ❖ Protect the anatomic repair
- ❖ Prevent negative effects of immobilization
- ❖ Promote dynamic stability
- ❖ Diminish pain and inflammation

##### Weeks 0-2

- ❖ No active external rotation or extension or abduction
- ❖ Sling for 2 weeks
- ❖ Sleep in immobilizer for 2-4 wk
- ❖ Elbow/hand ROM
- ❖ Hand gripping exercises
- ❖ Passive and gentle active-assisted ROM exercise
  - ✓ Flexion to 60 degrees
  - ✓ Elevation in scapular plane to 60 degrees
  - ✓ External and internal rotation with arm in 20 degrees of abduction
  - ✓ External rotation to 5-10 degrees
  - ✓ Internal rotation to 45 degrees
- ❖ Submaximal isometrics for shoulder musculature
- ❖ Cryotherapy, modalities as indicated

##### Weeks 3-4

- ❖ Discontinue sling
- ❖ May use immobilizer for sleep (physician's decision)
- ❖ Continue gentle ROM exercises (passive ROM and active-assisted ROM)
  - ✓ Flexion to 90 degrees
  - ✓ Abduction to 75-85 degrees
  - ✓ External rotation in scapular plane to 15-20 degrees
  - ✓ Internal rotation in scapular plane to 55-60 degrees

*\*Note: Rate of progression based on evaluation of the patient.*

- ❖ NO ACTIVE EXTERNAL ROTATION, EXTENSION, OR ELEVATION
- ❖ Continue isometrics and rhythmic stabilization (submaximal)
- ❖ Continue use of cryotherapy

#### Weeks 5-6

- ❖ Gradually improve ROM
  - ✓ Flexion to 135-140 degrees
  - ✓ External rotation at 45 degrees abduction: 25-30 degrees
  - ✓ External rotation at 45 degrees abduction: 55-60 degrees
- ❖ May initiate stretching exercises
- ❖ Initiate exercise tubing external and internal rotation (arm at side)
- ❖ PNF manual resistance

#### **Phase 2: Intermediate Phase-Moderate Protection Phase**

##### Goals

- ❖ Gradually restore full ROM (week 10)
- ❖ Preserve the integrity of the surgical repair
- ❖ Restore muscular strength and balance

##### Weeks 7-9

- ❖ Gradually progress ROM
  - ✓ Flexion to 160 degrees
  - ✓ External rotation at 90 degrees abduction: 70-75 degrees
  - ✓ Internal rotation at 90 degrees abduction: 70-75 degrees
- ❖ Continue to progress isotonic strengthening program
- ❖ Continue PNF strengthening

##### Weeks 10-14

- ❖ May initiate slightly more aggressive strengthening
- ❖ Progress isotonic strengthening exercises
- ❖ Continue all stretching exercises
- ❖ Progress ROM to functional demands (i.e., overhead athlete)

#### **Phase 3: Minimal Protection Phase**

##### Criteria for Progression to Phase 3

- ❖ Full nonpainful ROM
- ❖ Satisfactory stability
- ❖ Muscular strength (good grade or better)
- ❖ No pain or tenderness

##### Goals

- ❖ Establish and maintain full ROM
- ❖ Improve muscular strength, power, and endurance
- ❖ Gradually initiate functional activities

##### Weeks 15-18

- ❖ Continue all stretching exercises (capsular stretches)
- ❖ Continue strengthening exercises
  - ✓ "Thrower's Ten" Program or fundamental exercises
  - ✓ PNF manual resistance

- ✓ Endurance training
- ✓ Initiate light plyometric program
- ✓ Restricted sport activities (light swimming, half golf swings)

**Weeks 18-21**

- ❖ Continue all exercise listed earlier
- ❖ Initiate interval sport program (throwing, etc.)

**Phase 4: Advanced Strengthening Phase**

**Criteria for Progression to Phase 4**

- ❖ Full nonpainful ROM
- ❖ Satisfactory static stability
- ❖ Muscular strength 75-80% of contralateral side
- ❖ No pain or tenderness

**Goals**

- ❖ Enhance muscular strength, power, and endurance
- ❖ Progress functional activities
- ❖ Maintain shoulder mobility

**Weeks 22-24**

- ❖ Continue flexibility exercises
- ❖ Continue isotonic strengthening program
- ❖ PNF manual resistance patterns
- ❖ Plyometric strengthening
- ❖ Progress interval sport programs

**Phase 5: Return to Activity Phase (Months 6-9)**

**Criteria for Progression to Phase 5**

- ❖ Full functional ROM
- ❖ Satisfactory isokinetic test that fulfills criteria
- ❖ Satisfactory shoulder stability
- ❖ No pain or tenderness

**Goals**

- ❖ Gradual return to sport activities
- ❖ Maintain strength, mobility, and stability

**Exercises**

- ❖ Gradually progress sport activities to unrestrictive participation
- ❖ Continue stretching and strengthening program