



## ARTHROSCOPIC ANTERIOR SHOULDER STABILIZATION PROTOCOL

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery** \_\_\_\_\_

Frequency: 1 2 3 4 times/week      Duration: 1 2 3 4 5 6 Weeks

**Weeks 0-1:** Home exercise program given post-op

**Weeks 1-4:**

- Restrict motion to 90° FF/ 20° ER at side/ IR to stomach/ 45° ABD, PROM→ AAROM→AROM as tolerated
- Hold cross-body adduction until 6 weeks post-op
- Isometric in sling
- Sling for 4 weeks
- Heat before/ice after PT sessions

**Weeks 4-8:**

- D/C sling @ week 4
- Increase AROM 140° FF/ 40° ER at side/ 60° ABDI IR behind back to waist
- Strengthening (isometrics/light bands) within AROM limitations, horizontal abduction exercises
- Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc)
- Physical modalities per PT discretion

**Weeks 8-12:**

- If ROM lacking, increase to full with gentle passive stretching at end ranges
- Advance strengthening as tolerated: isometrics→bands→light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff: deltoid, and scapular stabilizers

**Months 3-12:**

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin UE ergometer
- Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing at 4 ½ months
- Throw from pitcher's mound at 6 months
- MMI is usually at 12 months

**Comments:**

Functional Capacity Evaluation     Work Hardening/Work Conditioning     Teach HEP

**Modalities:**

Electric Stimulation     Ultrasound     Iontophoresis     Phonophoresis  
 TENS     Heat before/after     Ice before/after     Trigger points massage  
 Therapist's discretion  
 Other \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_