

Sheena Black, MD

Orthopedic Surgeon

Sports Medicine Specialist



www.sheenablackmd.com

ARTHROSCOPIC ANTERIOR & POSTERIOR SHOULDER STABILIZATION

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
Phase I Weeks 0-4 PT 1-2x/week HEP daily	Edema and pain control Protect surgical repair	Limit: - ER to neutral - IR to 30°	Sling at all times including sleep Remove to shower (arm at side)	Elbow, wrist, hand ROM Gripping exercises
Phase II Weeks 4-8 PT 2-3x/week HEP daily	Protect surgical repair Avoid posterior capsular stretch	FF 145° No ER > 30° No IR > 45° No backward extension	Sling except shower & exercises D/C sling at 6 weeks	AAROM FF and ER Scapular stabilization Submaximal biceps, triceps, deltoid ER, and IR isometrics Gentle gradual ER: 0° abduction → max 30° 90° abduction → max 50° Posture training
Phase III Weeks 8-12 PT 2-3x/week HEP daily	Scapulohumeral rhythm Restore strength 5/5 Avoid painful ADL's Avoid rotator cuff inflammation Avoid excessive passive stretching	Full	None	AAROM IR Rotator cuff/periscapular stabilization Humeral head rhythmic stabilization Resistive exercise for scapula, biceps, triceps, and rotator cuff below horizontal plane
Phase IV Weeks 12-18 PT 1x/week HEP daily	Improve endurance Prevent Reinjury Avoid painful activities	Full	None	OK to cycle/run at 12 weeks No contact/racket/throwing sports Advance UE strengthening as tolerated ER/IR in 90/90 position Begin upper body ergometer (UBE) Initiate plyometrics Sport specific activities Throwing/racquet program 4-5 months
Phase V Weeks 18+ HEP daily	Return to play	Full	None	Maintain ROM, strength, and endurance Return to sport (MD directed)

IF QUESTIONS: PLEASE CALL 469-800-7200