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## ARTHROSCOPIC ANTERIOR SHOULDER STABILIZATION

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
<b>Phase I</b>  <b>Weeks 0-4</b> PT 1- 2x/week HEP daily	Edema and pain control  Protect surgical repair	ER to neutral	Sling at all times including sleep  Remove to shower (arm at side)	Elbow, wrist, hand ROM Gripping exercises
<b>Phase II</b>  <b>Weeks 4-8</b> PT 2- 3x/week HEP daily	Protect surgical repair  Avoid anterior capsular stretch	FF 145° No ER > 30° 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
<b>Phase III</b>  <b>Weeks 8-12</b> 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
<b>Phase IV</b>  <b>Weeks 12-18</b> 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
<b>Phase V</b>  <b>Weeks 18+</b> HEP daily	Return to play	Full	None	Maintain ROM, strength, and endurance  Return to sport (MD directed)

**IF QUESTIONS: PLEASE CALL 469-800-7200**