



Arthroscopic Anterior 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	ER to neutral	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 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
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)