



# ADVANCED ORTHOPAEDIC SPECIALISTS

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## ARTHROSCOPIC ANTERIOR SHOULDER STABILIZATION REHABILITATION PROTOCOL

	RANGE OF MOTION*	IMMOBILIZER	AVOID	THERAPEUTIC EXERCISE
<b>PHASE I</b> 0 - 4 weeks	Passive range of motion to 0° of external rotation, and 140° of forward flexion - internal rotation as tolerated	Worn at all times except for hygiene and therapeutic exercise	Avoid lifting/pushing/pulling anything that weighs more than 2-3 pounds Avoid external rotation greater than 0°	Elbow/wrist/hand ROM, grip strengthening, isometric abduction, external/internal rotation exercises with elbow at side
<b>Phase II</b> 4 - 6 weeks	Passively increase forward flexion, and internal/external rotation to full motion as tolerated	Worn at all times except for hygiene and therapeutic exercise	Avoid lifting/pushing/pulling anything that weighs more than 5 pounds	Advance isometrics in phase I to use of a theraband, continue with elbow/ wrist/hand ROM and grip strengthening, begin prone extensions, and scapular stabilizing exercises, gentle joint mobs
<b>Phase III</b> 6 - 12 weeks	At 8 weeks begin active range of motion.  Begin strengthening at 10 weeks.	Discontinue at 6 weeks post-op	Sudden strenuous activity	Advance theraband exercises to use of weights, continue with and progress exercises in phase II, begin upper body ergometer
<b>Phase IV</b> 12 weeks - 6 months**	Full without discomfort	None	Nothing	Advance exercises in phase III, begin functional progression to work/sport, return to previous activity level**

\*Patient is required to complete stretching exercises 3 times per day

\*\*Patient may return to the weight room at 3 months, if appropriate

\*\*\*Patient may return to competitive sports, including contact sports, by 6 months, if approved