



Post-Operative Rehabilitation for Arthroscopic Anterior Stabilization

Phase I: (Weeks 0-6)

GOALS:

- **Protect anatomic repair**
- **Prevent negative immobilization**
- **Promote dynamic stability and proprioception**
- **Diminish pain and inflammation**

- Week 0-2
 - Sling at all times including sleep. May be removed for showering.
 - Elbow, wrist, hand ROM. May do grip strengthening
 - Passive and gentle active assisted ROM
 - Flexion to 70° week 1, 90° by week 2
 - ER/IR with arm at 30° of abduction
 - ER 5-10°
 - IR to 45°
 - NO active ER, Extensions or Abduction
 - Submaximal shoulder isometrics
 - Rhythmic stabilization drills ER/IR
 - Proprioception drills.
 - Cryotherapy, modalities as indicated

- Week 3-4
 - Discontinue use of sling during the day but continue immobilizer at night.
***to be discontinued at 4 weeks
 - Continue gentle ROM (PROM and AAROM_)
 - Flexion to 90°
 - Abduction to 90°
 - ER/IR at 45° of abduction in scapular plane
 - ER to 15-20° in scapular plane
 - IR 55-60° in scapular plane
 - ** Rate of progression based on evaluation of the patient. No excessive ER, extension or elevation.
 - Continue isometrics and rhythmic stabilization (submaximal)
 - Coe stabilization program

- Initiate scapular strengthening program
 - Continue cryotherapy
 - Weeks 5-6
 - Gradually improve ROM
 - Flexion to 145°
 - ER at 45° of abduction: 45-50°
 - IR at 45° of abduction 55-60°
 - May initiate stretching exercises
 - Initiate exercise tubing ER?IR (arm at side)
 - Scapular strengthening
 - PNF manual resistance
- **In general all exercises begin with 1 set of 10 repetitions and should increase by 1 set of 10 repetitions daily as tolerated to 3 sets of 10 repetitions.

Phase II: Intermediate phase (Weeks 7-14)

GOALS:

- **Gradually restore full ROM (week 10)**
- **Preserve the integrity of the surgical repair**
- **Restore muscular strength and balance**
- **Enhance neuromuscular control**

Week 7-9

- Gradually progress ROM
 - Flexion to 160°
 - Initiate ER/IR at 90° of abductions
 - ER at 90° abduction: 70-80° at week 7
 - ER at 90° abduction: 90° at weeks 8-9
 - IR at 90° abduction: 70-75°
- Continue to progress isotonic strengthening program
- Continue PNF strengthening

Week 10-14

- May initiate slightly more aggressive strengthening program
- Progress isotonic strengthening exercises
- Continue all stretching exercises
- Progress ROM to functional demands (ie. Overhead athletes)
 - Progress to isotonic strengthen (light and restricted ROM)

Phase III: (Weeks 15-20)

GOALS:

- **Maintain full ROM**
- **Improve muscular strength, power and endurance**
- **Gradually initiate functional activities**

Criteria to enter Phase III:

- **Full non-painful ROM**
- **Satisfactory stability**
- **Muscular strength (good grade or better)**
- **No pain or tenderness**

Week 15-18

- Continue all stretching exercises (capsular stretches)
- Continue strengthening exercises
- Throwers ten program or fundamental exercises
- PNF manual resistance
- Endurance training
- Restricted sport activities (light swimming, half golf swing)
- Initiate interval sport program week 16-18

Week 18-20

- Continue all exercises above
- Progress interval sport program (throwing etc.)

Phase IV: Advanced Strengthening (21 weeks and beyond)

GOALS:

- **Enhance muscular strength, power and endurance**
- **Progress functional activities**
- **Maintain shoulder mobility**
- **Gradual return to sports at 7-9months**

Criteria to enter Phase IV:

- **Full non-painful ROM**
- **Satisfactory static stability**
- **Muscular strength 75-80[^] of contralateral side**
- **No pain or tenderness**

Week 21-24

- Continue flexibility exercises
- Continue isotonic strengthening program
- Neuromuscular control drills
- Plyometric strengthening
- Progress interval sport programs
- Continue strengthening and stretching
- Gradually progress sport activities to unrestricted participation when full functional ROM and satisfactory strength and stability is achieved.