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## **Arthroscopic Anterior Shoulder Stabilization Post-operative Rehab Protocol**

### **Phase I (Weeks 2 to 4)**

#### **Goals**

- **Protect surgical repair**
- Decrease pain and inflammation
- Initiate safe range of motion while protecting anterior capsule
- Patient education

#### **Brace**

- UltraSling (0 to 4 weeks)

#### **Range of Motion**

- Begin passive range of motion. Limited to 90° flexion and abduction.

#### **Exercise**

- Modalities as needed
- Elbow, wrist and hand exercises
- Cervical spine stretches
- Pendulum exercises
- Scapular mobilization and strengthening
- Light isometric activity
- External rotation to 0° with arm at side

### **Phase II (Weeks 4 to 6)**

#### **Goals**

- Control pain and inflammation
- Achieve 60 to 80% of full range of motion of flexion, extension and internal rotation.
  - **This does not include abduction/external rotation**

#### **Range of Motion**

- Begin increasing forward elevation (flexion in scapular plane) beyond 90°
- Joint Mobilization: Avoid aggressive mobs/avoid inferior and anterior; external rotation directions
- Active assistive range of motion

#### **Exercise**

- Modalities as needed
- Aquatic therapy if available
- Isometric rotator cuff strengthening progressing to gentle resisted exercise (external rotation to neutral)
- Biceps, triceps and scapular strengthening

### **Phase III (Weeks 8 to 16)**

#### **Goals**

- Near-full range of motion, **except abduction/external rotation**
- Improve strength and neuromuscular control (80% normal strength)
- Progress activity specific exercises
- Good scapulo-humeral rhythm

### **Range of Motion**

- Passive range of motion (full range; external rotation near full-range); no force in abduction/external rotation
- Joint mobilization
- Progress rotator cuff and scapular strengthening
- Machine weighted strengthening
- Gentle proprioceptive neuromuscular facilitation, eccentric cuff strengthening
- Biodex testing/training if requested by Dr. Lavery

### **Phase IV (Weeks 24 and Beyond)**

#### **Goals**

- Full range of motion
- Improve strength (100%)
- Return to sport

#### **Exercise**

- Progress strengthening, coordination and endurance exercise
- Sport/activity specific exercise