

Arthroscopic Anterior-Posterior Shoulder Stabilization:

The intent of this protocol is to provide the therapist with guidelines of the post-operative rehabilitation course. It should not be a substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of post-operative complications. The therapist should consult the referring physician with any questions or concerns.

INDIVIDUAL CONSIDERATIONS:

PHASE I (Weeks 0-6)**Goals**

- Control inflammation and pain
- Use cryocuff 3-4 times per day

Sling

- Wear ER brace continuously (including sleep and showering) for 6 weeks

Therapeutic Exercises

- PROM/AROM of elbow and wrist only
- Ball squeezes
- PROM in scapular plane to 45 degrees only

PHASE II (Weeks 6-8)**Goals**

- Full, painless PROM in forward flexion and external rotation

Sling

- The ER brace may be removed at 6 weeks
- Simple sling for comfort only

Therapeutic Exercises

- PROM
 - o Full passive forward flexion in the scapular plane
 - o ER at side to 30 degrees maximum
 - o Internal rotation to posterior belt line

PHASE III (Weeks 8-12)

Criteria

- Full passive external rotation and forward flexion in scapular plane

Goals

- Achieve full, painless PROM and AROM
- Begin gentle strengthening at 10 weeks

Therapeutic Exercise

- AROM in all planes
- Maintain PROM in FF and ER
- Progress with passive IR to full
- Glenohumeral joint and scapular mobilization to regain full motion
- Gentle stretching to regain full motion
- May begin gentle strengthening at 10 weeks
 - o Biceps curls
 - o Triceps extensions
 - o Lat pull-downs
 - o Seated row
 - o Shoulder shrug
 - o **No push-ups or bench press**

PHASE IV (Weeks 12-16)

Criteria

- Full, painless PROM and AROM

Goals

- Maintain full PROM and AROM
- Optimize neuromuscular control
- Progress with strengthening

Therapeutic Exercises

- Continue strengthening as above
- Increase weight as tolerated
- ER/IR strengthening with sports band (Theraband)

PHASE V (Months 4+)**Criteria**

- Full, painless PROM and AROM in all planes

Goals

- Maintain full PROM and AROM
- Progress with strengthening
- Return to sports at 5 months
- Begin weight lifting, avoiding stress to posterior capsule

Therapeutic Exercises

- Continue with passive stretching as needed to maintain full PROM
- Progress with strengthening
- May begin incline bench pressing with wide grip (low weight, high repetitions)
- Avoid standard bench pressing and push-ups for at least 6 months post-op

Return to Sports

- May return to sports at 5-6 months when ROM is symmetric and painless and strength is 90% of contra-lateral side