

ARTHROSCOPIC ANTERIOR SHOULDER STABILIZATION/REPAIR

REHABILITATION PROTOCOL

Post-Operative Physical Therapy Protocol

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	RANGE OF MOTION	SLING/CRADLE	THERAPEUTIC EXERCISE
PHASE I 0-4 weeks	Active/active-assisted: stretch to 20° of external rotation, 90° of forward flexion, internal rotation to stomach, abduction to 45° NO cross-body adduction	Worn at all times except for washing, sleep and therapeutic exercise	Elbow/wrist/hand ROM, grip strengthening, isometric in sling, external/internal rotation exercises with elbow at side
PHASE II 4-8 weeks	Increase external rotation to 40° at side, forward flexion to 140°, internal rotation behind back to waist, abduction 60°	None	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 Modalities as needed
PHASE III 8-12 weeks	Progress to full active motion without discomfort Gentle passive stretching at end ranges	None	Advance theraband exercises to use of weights, continue with and progress exercises in phase II Include RTC, deltoid, and scapular stabilizers

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PHASE IV 12 weeks – 6 months	Full without discomfort	None	Advance exercises in phase III, begin functional progression to work/sport, return to previous activity level** Begin upper body ergometer, proprioception, plyometrics Return to throwing at 4 ½ months; throw from pitcher's mound at 6 months
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