

SHOULDER

Arthroscopic Anterior Shoulder Stabilization

Surgery Date: _____

Progressions are time and criterion-based, dependent on soft tissue healing, patient demographics and clinician evaluation. A review of the operative note and communication of any concerns with the referring physician is encouraged. Use of allowed visits should consider overall insurance limitations. When limitations are present, spread visits out over time to ensure that the patient can optimally complete rehab program with return to appropriate activities.

Weeks 0 – 2: Period of Protection | No Formal PT

Sling

- At all times, except for hygiene

Range of Motion

- No active or active-assisted shoulder motion during this phase. Gentle passive pendulums may begin immediately in week 0, and passive range of motion follows the schedule below. Hand, wrist, and elbow motion are allowed.

Phase I (Weeks 2 – 6)

Sling

- At all times, except for hygiene and exercises

Range of Motion

- PROM only for first 6 weeks, to patient tolerance
 - Weeks 0–4: Goals of FF 140°, ER 25° in 30° of ABD, ABD 60–80°; limit IR to 45° in 30° of ABD
 - Weeks 4–6: Increase PROM to tolerance, increase ER to 45° in 30° of ABD

Exercise

- Weeks 0–4: Pendulums, grip strengthening, isometric scapular stabilization; elbow/wrist/hand ROM
- Weeks 4–6: Begin gentle joint mobilizations; limit ER to passive 45°
- No active IR or extension; no canes or pulleys

Modalities

- Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase II (Weeks 6 – 12)

Sling

- Discontinue at 6 weeks

Range of Motion

- Increase PROM as tolerated. Begin AAROM/AROM

Exercise

- Weeks 6–8: Begin light rotator cuff/deltoid/biceps isometrics
- Weeks 8–12: Begin light resisted ER, FF, ABD, and IR exercises. Begin extension and scapular retraction exercises

Modalities

- Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase III (Weeks 12 – 24)

Range of Motion

- Full, painless

Exercise

- Continue Phase II, advance as tolerated, include closed chain scapular rehabilitation and functional rotator cuff strengthening; focus on anterior deltoid and teres
 - 16 weeks: Advance strengthening as tolerated; emphasize low-weight, high rep exercises. May return to weight room at 4 months. Begin sport specific exercises.

Return to Activity

- Consider return to competitive sports, including contact sports by 6 months, if approved