

## ARTHROSCOPIC ANTERIOR STABILIZATION REHABILITATION PROTOCOL

	<b>RANGE OF MOTION</b>	<b>IMMOBILIZER</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-6 weeks	<b>0-3 weeks:</b> None <b>3-6 weeks:</b> begin PROM Limit flexion to 90°, external rotation to 45°, extension to 20°	<b>0-4 weeks:</b> Immobilized at all times day and night Off for hygiene and gentle exercise only <b>4-6 weeks:</b> Worn daytime only	<b>0-3 weeks:</b> elbow/wrist ROM, grip strengthening at home only <b>2-6 weeks:</b> Grip Strength, Elbow/Wrist/Hand ROM Do NOT perform Codmans Begin Deltoid/Cuff Isometrics Avoid stretch of anterior capsule and extension
<b>PHASE II</b> 6-12 weeks	Begin active/active assistive ROM, PROM to tolerance <b>Goals:</b> Full extension rotation, 135° flexion, 120° abduction	None	Advance to AAROM and AROM (Limit FF to 140°, ER at side to 40°) Begin with gravity eliminated motion (supine) and progress. Do not force ROM with substitution patterns. Continue Isometric exercises Progress deltoid isometrics ER/IR (submaximal) with arm at side Begin strengthening scapular stabilizers <b>All strengthening exercises below horizontal</b>
<b>PHASE III</b> 3-5 months	Gradual return to full AROM	None	Initiate when pain-free symmetric AROM. Progress as tolerated Only do strengthening 3x/week to avoid rotator cuff tendonitis Restore scapulohumeral rhythm. Joint mobilization. Aggressive scapular stabilization and eccentric strengthening program. Initiate isotonic shoulder strengthening exercises including: side lying ER, prone arm raises at 0, 90, 120 degrees, elevation in the plane of the scapula with IR and ER, lat pulldown close grip, and prone ER. Dynamic stabilization WB and NWB.
<b>PHASE IV</b> 5-7 months	Full and pain-free	None	PRE's for all upper quarter musculature (begin to integrate upper extremity patterns). Continue to emphasize eccentrics and glenohumeral stabilization. All PRE's are below the horizontal plane for non-throwers. Advanced functional exercises. Isokinetic test. Functional test assessment. Full return to sporting activities.

\*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II \*\*Limited return to sports activities