

## Rehabilitation Protocol: Arthroscopic Anterior Shoulder Stabilization

### • Phase I (Weeks 0-4)

- **Sling:** immobilization at all times except for showering and rehab under guidance of PT
- **Range of Motion** – PROM  AAROM  AROM as tolerated
- **Therapeutic Exercises**
  - Elbow/Wrist/Hand Range of Motion
  - Grip Strengthening
  - Isometric Abduction, Internal/External Rotation exercises with elbow at side

### • Phase II (Weeks 4-6)

- **Sling:** discontinue use
- **Range of Motion** – Increase Forward Flexion, Internal/External Rotation to full motion as tolerated
- **Therapeutic Exercises**
  - Advance isometrics from Phase I to use of a TheraBand within AROM limitations
  - Continue with Elbow/Wrist/Hand Range of motion and Grip Strengthening
  - Begin Prone Extensions and Scapular Stabilizing Exercises (Traps/Rhomboids/Levator Scapulae)
  - Gentle Joint Mobilization

### • Phase III (Weeks 6-12)

- **Range of Motion** – Progress to full AROM without discomfort
- **Therapeutic Exercises**
  - Advance TheraBand exercises to light weights (1-5lbs)
  - 8-12 reps/2-3 sets for Rotator Cuff, Deltoid, and Scapular Stabilizers
  - Begin Upper Body Ergometer
  - Modalities per PT
  - **Can Begin Jogging/Running at 3 months**

### • Phase IV (Months 3-6)

- **Range of Motion** – Full, Painless ROM
- **Therapeutic Exercises** – advance exercises in Phase III (strengthening 3x/week)
- Sport/Work specific rehabilitation
- Return to throwing at 4-5 months
- **Return to sports at 6 months**