

ANTERIOR SHOULDER STABILIZATION REHABILITATION PROGRAM

(TO BE GIVEN TO PHYSICAL THERAPIST)

	RANGE OF MOTION	SLING	THERAPEUTIC EXERCISE
PHASE I: 1-3 WEEKS POST-OP	<ul style="list-style-type: none"> • PROM <ul style="list-style-type: none"> ○ Flexion: 90° ○ Abduction: 90° ○ ER: 30° ○ IR: to belly 	<ul style="list-style-type: none"> • Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night. 	<ul style="list-style-type: none"> • Codman’s Pendulums • Cervical ROM • Begin scapula musculature isometrics / sets • Elbow, wrist, hand ROM • Ball squeezes • General conditioning: bike, treadmill, etc. • No AROM or AAROM
PHASE II: 3-6 WEEKS POST-OP	<ul style="list-style-type: none"> • Gradually increase Flexion / Extension to 80% of uninjured extremity • Continue to limit ER and abduction – No ER past 90° in 90° of abduction 	<ul style="list-style-type: none"> • Sling for comfort Week 3-4 • Transition out of sling Week 4 	<ul style="list-style-type: none"> • Begin AAROM exercises • Pulley exercises • Continue pool therapy if available • Begin gentle rotator cuff isometric strengthening (ER at neutral) • Periscapular strengthening • Core strengthening • Supine AAROM
PHASE III: 6 - 12 WEEKS POST-OP	<ul style="list-style-type: none"> • Progress to near full ROM (except abduction/external rotation) • Continue to limit ER and abduction – No ER past 90° in 90° of abduction 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Begin AROM exercises • Joint Mobilizations • Rotator Cuff isometrics • Elastic Resistance: ER/IR with elbow at the side of the body, forward punch, seated row, shoulder shrug, seated row, bicep curls, lat pulls, tricep extensions • Gentle strengthening overhead: ER/IR in 90/90, D1/D2 flexion and extension diagonals
PHASE IV: 12-16 WEEKS POST-OP	<ul style="list-style-type: none"> • Progress to full ROM without discomfort 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Continue stretching and strengthening with resistance bands • Can begin golf, tennis (no serves until 4 months) • Progress free weight exercises (low weight, high reps) • IR/ER: sidelying • Supraspinatus: scapular plane • Shoulder flexion: through pain free range of motion • Arm ergometer/cycle for endurance exercise

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PHASE V: 16+ WEEKS POST-OP	<ul style="list-style-type: none"> • Full ROM without discomfort 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Begin practicing skills at a low intensity level for specific sport • For throwers, initiate a throwing program • Tennis may begin serves • Total body conditioning/ergometer cycle