

Arthroscopic Anterior Shoulder Stabilization Rehabilitation Protocol

	<u>RANGE OF MOTION</u>	<u>SLING</u>	<u>THERAPEUTIC EXERCISE</u>
PHASE 1 (0-4 WEEKS)	Active/Active-Assistive range of motion to 40° of external rotation and 125° of forward flexion-internal rotation as tolerated.	Worn at all times except for hygiene and therapeutic exercise. May come out of sling while at home to do underhand activities of daily living, i.e., use mouse, eat, phone.	Elbow, wrist, hand range of motion, external/internal rotation exercises with elbow at side, pendulum, ball squeeze.
PHASE II (4-6 WEEKS)	Increase forward flexion, abduction and internal/external rotation to full motion as tolerated.	Discontinue	Advance isometrics in Phase I to use of a theraband, continue with elbow/wrist/hand range of motion, scapula stabilizing exercises.
PHASE III (6-12 WEEKS)	Progress to full active motion as tolerated.	Discontinue	Advance theraband exercises to use of weights, continue with and progress exercises in Phase II.
PHASE IV (12 WEEKS – 6 MONTHS)	Full range of motion	Discontinue	Slowly increase strengthening with weights as tolerated and advance to sport per recommendation.