

POST-OPERATIVE REHABILITATION: SHOULDER ARTHROSCOPIC ANTERIOR STABILIZATION

Therapy Plan: Twice per week for 0-3 months, once per week for 3-6 months

ROM Progression

Sling at all times for 0-4 weeks other than ROM exercises. Wean out of the sling over weeks 4-6. Progress ROM as tolerated with the goal of symmetric full motion at 8-12 weeks.

- Weeks 0-4: scapular plane elevation 0-90 degrees, ER with arm at side to 30 degrees
- Weeks 4-8: advance AAROM and AROM except no ER in abduction
- Weeks 8-12: advance ER in abduction

Weight Bearing Progression

Non-weight bearing for postoperative weeks 0-4 with progressive weight bearing over weeks 4-8

Initial Post-Operative Physical Therapy Visit

- Wean out of sling if not already performed
- Instruct on ROM exercises for elbow, wrist, hand
- Isometric exercises for core, deltoid, biceps, triceps

Phase 1 Physical Therapy (0-4 weeks): protect the joint, progress motion

- NO open-chain exercises
- Manual therapy 20+ minutes per session
- Progress ROM as tolerated as above
- Soft tissue mobilization, isometric exercises, core strengthening

Phase 2 Physical Therapy (4-8 weeks): progressive motion and strengthening

- Wean out of sling
- Continue progressive ROM as above
- Soft tissue mobilization, isometric exercises, core strengthening

Phase 3 Physical Therapy (8-12 weeks): return to pre-injury level

- Continue progressive ROM as above
- Initiate closed-chain and continue core strengthening
- Proprioceptive training

Phase 4 Physical Therapy (12+ weeks): return to sport

- Advance functional strengthening
- Upper body ergometer as needed for endurance
- Agility and sport-specific drills as tolerated
- Full return may take a full 4-6 months or more and requires functional assessment prior to return