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REHAB PROTOCOL: Arthroscopic Anterior Shoulder Instability Repair

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Protection phase): Weeks 1-4

Precautions:

- **AVOID** lifting objects with operative arm
- **AVOID** provocative position: abduction and external rotation of operative shoulder
- **Follow** the ROM restrictions with no end range passive stretching
- **NO** Upper Body Ergometer, Handweights, Body Blade or Therabands

Immobilization

- Sling for 4 weeks
- Wear sling at all times including night except when doing therapy, shower, or changing

Exercises guidelines

- PROM to start a week after surgery
 - Restrict motion to 90deg PFE, 45deg abduction, 20deg PER at side for first 3 weeks
 - Restrict motion to 135deg PFE, 45deg abduction, 45deg PER at side for 3-4 weeks
- Scapular exercises: Scapular elevation, depression, protraction and retraction
- Hand and wrist: AROM exercises
- Elbow: Avoid active ROM of elbow if biceps tenodesis was performed
- Submaximal isometrics for rotator cuff in sling

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Phase II (Active range of motion) Weeks 4-12

Precautions:

- **Avoid** lifting objects with operative arm
- **AVOID** provocative position: Abduction and external rotation of operative shoulder
- **NO** Upper Body Ergometer (until 6 weeks), Handweights, Body Blade
- **NO** end range stretching
- Avoid activities that place a lot of stress on anterior capsulolabral structures: throwing arm position (Abduction and ER) Push ups, military press, pec flies, bench press

Exercises guidelines

- **Discontinue sling at 4 weeks**
- Start AROM and increase PROM
 - Restrict passive motion to 150deg PFF/ 45deg PER at side /mild abd by 8 weeks and advance to full motion by 12 weeks
 - Restrict active motion to 110deg by 8 weeks and 150deg by 10 weeks and **full active ROM by 12 weeks**
- Strengthening (isometrics/light bands) within AROM limitations and arm at side initially and slowly advance to horizontal abduction exercises and prone extensions
- Strengthening scapular stabilizers (Latissimus dorsi, Trapezius, Rhomboids)

Phase III (Advanced Strengthening phase) 3 months and beyond

Precautions

- Prevent reinjury
- Advance slowly with this phase
- Avoid contact sports till 6 months

Exercise Guidelines

- Full AROM, end range stretching
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics, proprioception and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3-4 months, including advanced conditioning
- Interval sports program at 4 months (return to golf, tennis, basketball, volleyball)
- Return to throwing at 4 months
- Throw from pitcher's mound at 6 months



Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

Evaluation and others

- ◇ Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____