

# Centers for Advanced Orthopedics

Lucas Wymore MD

Sports Medicine

Office Phone: 301-475-5555

23000 Moakley Street Suite 102

Leonardtown, MD 20650

Fax: 301-475-5914



## ARTHROSCOPIC ANTERIOR SHOULDER STABILIZATION REHABILITATION PROTOCOL

	RANGE OF MOTION*	IMMOBILIZER	THERAPEUTIC EXERCISE
<b>PHASE I 0-4 weeks</b>	Active/Active-Assistive: stretch to 20° of external rotation, and 90° of forward flexion- internal rotation to stomach Abduction to 45 degrees No cross-body adduction	Worn at all times except for hygiene and therapeutic exercise	Elbow/wrist/hand ROM, grip strengthening, isometric in sling, external/internal rotation exercises with elbow at side Heat before PT, Ice after PT
<b>PHASE II 4 - 8 weeks</b>	Increase forward flexion to 140/40° ER at side/ 60° abduction/ IR behind back to waist	None	Advance isometrics in phase I to use of a theraband, continue with elbow/ wrist/hand ROM and grip strengthening, begin prone extensions, and scapular stabilizing exercises, gentle joint mobs Modalities as needed
<b>PHASE III 8 - 12 weeks</b>	Progress to full active motion without discomfort Gentle passive stretching at end ranges	None	Advance theraband exercises to use of weights, continue with and progress exercises in phase II Include RTC, deltoid, and scapular stabilizers
<b>PHASE IV 12 weeks - 6 months**</b>	Full without discomfort	None	Advance exercises in phase III, begin functional progression to work/sport, return to previous activity level* begin upper body ergometer, proprioception plyometrics

\*Patient may return to sports rehab and the weight room at 3 months, if appropriate

\*\*Patient may return to competitive sports, including contact sports, by 6 months, if approved

\*Patient may begin throwing at 4 1/2 months, throw from pitchers mound at 6 months

