

# Centers for Advanced Orthopedics

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## ARTHROSCOPIC ANTERIOR SHOULDER STABILIZATION WITH REMPLISSAGE REHABILITATION PROTOCOL

	<b>RANGE OF MOTION*</b>	<b>IMMOBILIZER</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0-6 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	Sling at all times except shower. May be off at night after 3 weeks per MD	ROM elbow, wrist, hand, Grip strength No cuff strengthening! Scapula isometrics in sling Heat before PT, Ice after PT Modalities PRN
<b>PHASE II 7-12 weeks</b>	Slowly progress to full motion without discomfort Gentle passive stretching at end ranges after week 9	None	Advance exercises in phase I, begin prone extensions, scapula stabilizing (traps/rhomboids/levator scapula) Heat before PT, Ice after PT Modalities PRN
<b>PHASE III 12 weeks - 6 months</b>	Continue full active motion without discomfort Gentle passive stretching at end ranges	None	Begin cuff strength with bands and light weights (1-5#) Advance phase II, Modalities PRN Heat before PT, Ice after PT
<b>PHASE IV 6 months and beyond</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 6 months, if appropriate

\*\*Patient may return to competitive sports, including contact sports, by 8 months, if approved

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

