



ARTHROSCOPIC ANTERIOR STABILIZATION

Rehab Protocol

Weeks 0-4:

MAXIMAL PROTECTION PHASE

- Sling Immobilization
- Protect anterior/posterior capsule from stretch, but begin passive ROM only POD 10-14
Supine Forward Elevation in scapular plane to 90° External Rotation with arm at side to 30°.
- Grip Strength, Elbow/Wrist/Hand ROM
- Do NOT perform codmans
- Begin Deltoid/Cuff Isometrics
- May remove sling for shower but **maintain arm in sling position.**
- Modalities PRN

Weeks 4-8:

MODERATE PROTECTION PHASE

- Discontinue Sling at 4-6 weeks as tolerated
- Advance to AAROM and AROM (Limit FF to 140°, ER at side to 40°)
- Begin with gravity eliminated motion (supine) and progress. Do not force ROM with substitution patterns.
- Continue Isometric exercises
Progress deltoid isometrics
ER/IR (submaximal) with arm at side
- Begin strengthening scapular stabilizers

Weeks 8-12:

MINIMAL PROTECTION PHASE

- Advance to full, painless ROM. Gentle stretching at end ROM
- Initiate ER in 45° Abduction at 10-12 weeks
- Full AROM all directions below horizontal with light resistance
- Deltoid/Cuff progress to Isotonics
- All strengthening exercises below horizontal

Months 3-12:

STRENGTHENING PHASE

- Initiate when pain-free symmetric AROM.
- Progress as tolerated
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Restore scapulohumeral rhythm.
- Joint mobilization.
- Aggressive scapular stabilization and eccentric strengthening program.
- Initiate isotonic shoulder strengthening exercises including: side lying ER,



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