



Open or Arthroscopic Anterior Stabilization Rehabilitation Protocol

Date of Surgery: _____

Phase	Precautions	Treatment Recommendations	Emphasize																										
Week 1: Recovery <i>Criteria for Advancement:</i> -Decreasing comfort at rest	<ul style="list-style-type: none"> Sling for 3 weeks Avoid anterior stress on shoulder joint No forced stretching No painful activities *If biceps tenodesis – no biceps strengthening for 8 weeks 	<ul style="list-style-type: none"> Gripping and hand AROM Postural awareness Wrist AROM Flexion/extension/pronation/supination ROM: ER to neutral, scapular plane elevation to 60° 	<ul style="list-style-type: none"> Protection of repair Reduction of tissue irritability Prevention of muscle atrophy 																										
Weeks 2-5 Intermediate <i>Criteria for Advancement:</i> -No pain at rest -120° shoulder elevation PROM -45° scapular plane ER -Tolerance of scapular and RC exercises w/o discomfort	<ul style="list-style-type: none"> D/c sling at 3 weeks Monitor for shoulder stiffness No forced PROM Avoid undue stress to anterior shoulder joint 	<p><i>Scapular plane ROM Goals (do not force but eval for stiffness)</i></p> <table border="1"> <thead> <tr> <th></th> <th>Elevation</th> <th>ER</th> <th>IR</th> </tr> </thead> <tbody> <tr> <td>Week 2-3</td> <td>90°</td> <td>5-10°</td> <td>30-45°</td> </tr> <tr> <td>Week 4</td> <td>90-100°</td> <td>15-20°</td> <td>40-60°</td> </tr> <tr> <td>Week 5-6</td> <td>120-145°</td> <td>40-60°</td> <td>50-60°</td> </tr> </tbody> </table> <p>Abduction: 0-90° within 6 weeks (gentle)</p> <p><i>Exercises</i></p> <table border="1"> <tbody> <tr> <td>Week 2</td> <td>Scapular isometrics, elbow AROM, shoulder AAROM</td> </tr> <tr> <td>Week 3</td> <td>RC isometrics, rhythmic stabilization ER/IR with PT</td> </tr> <tr> <td>Week 4</td> <td>Continue RC isometrics, elastic band row</td> </tr> <tr> <td></td> <td>RC isotonic (if open - start week 6)</td> </tr> <tr> <td>Week 5-6</td> <td>Scapular strengthening, prone row, prone extension</td> </tr> </tbody> </table>		Elevation	ER	IR	Week 2-3	90°	5-10°	30-45°	Week 4	90-100°	15-20°	40-60°	Week 5-6	120-145°	40-60°	50-60°	Week 2	Scapular isometrics, elbow AROM, shoulder AAROM	Week 3	RC isometrics, rhythmic stabilization ER/IR with PT	Week 4	Continue RC isometrics, elastic band row		RC isotonic (if open - start week 6)	Week 5-6	Scapular strengthening, prone row, prone extension	<ul style="list-style-type: none"> Reduction of tissue irritability Activation of rotator cuff scapular stabilizers
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Weeks 6-15 Advanced <i>Criteria for Advancement:</i> -Full shoulder AROM -4/5 strength below shoulder height	<ul style="list-style-type: none"> No forced PROM Avoid undue stress to anterior shoulder joint 	<p><i>ROM Goals</i></p> <table border="1"> <thead> <tr> <th></th> <th>Flexion</th> <th>ER in 90° abduction</th> <th>IR in 90° abduction</th> </tr> </thead> <tbody> <tr> <td>Week 6-7</td> <td>145-160°</td> <td>Initiate pain-free, progress to 30°</td> <td>Initiate pain-free, progress to 60°</td> </tr> <tr> <td>Week 7-9</td> <td>160-180°</td> <td>75-90°</td> <td>70-75°</td> </tr> <tr> <td>Week 9-12</td> <td>180°</td> <td>100-115°</td> <td>Symmetric to contralateral</td> </tr> </tbody> </table> <p>*Posterior shoulder stretch at PT discretion</p> <p><i>Exercises</i></p> <ul style="list-style-type: none"> Progress above, Throwers Ten, Advanced Throwers Ten, Scapular stabilization (closed chain quadrupled arm protraction, Prone “T, I” and progress to “Y” and “W” as ROM allows, End-range stabilization using exercise blade/perturbations, Shoulder endurance exercises, UE ergometry (if ROM allows), Core strength/kinetic linking 		Flexion	ER in 90° abduction	IR in 90° abduction	Week 6-7	145-160°	Initiate pain-free, progress to 30°	Initiate pain-free, progress to 60°	Week 7-9	160-180°	75-90°	70-75°	Week 9-12	180°	100-115°	Symmetric to contralateral	<ul style="list-style-type: none"> Full PROM Full AROM Restoration of scapular and RC muscle balance and endurance 										
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<u>Phase</u>	<u>Precautions</u>	<u>Treatment Recommendations</u>	<u>Emphasize</u>
Weeks 16-19 Plyometric <i>Criteria for Advancement:</i> -Full shoulder AROM -Symptom-free progression through plyo and endurance program	<ul style="list-style-type: none"> ▪ No painful activities 	<ul style="list-style-type: none"> ▪ Continue shoulder RC and scapular stabilization exercises ▪ Continue and progress all Advanced Thrower's Ten exercises ▪ Plyometric progression (as tolerated, over 4-week period) <ul style="list-style-type: none"> -Double hand chest pass -Double hand overhead soccer pass -Double hand chops -Single hand IR at 0° abduction -Eccentric catch -Single hand 90/90 IR ▪ Endurance progression <ul style="list-style-type: none"> -Double hand overhead wall taps -Single arm 90/90 wall taps -Single arm 12 o'clock to 3 o'clock wall taps -Exercise blade in multiple sessions 	<ul style="list-style-type: none"> ▪ Shoulder flexibility ▪ Shoulder strength ▪ Shoulder endurance ▪ Pain-free plyos
5+ months Return to Performance Progression <i>Criteria for Return to Participation:</i> -Symptom-free progression thorough interval sports program -Independent with all arm care exercises	<ul style="list-style-type: none"> ▪ All progression should be pain-free ▪ Monitor for loss of strength and flexibility 	<ul style="list-style-type: none"> ▪ Initiate interval sports program(s) at 5 months ▪ Continue with all upper and lower extremity flexibility exercises ▪ Continue with advanced shoulder and scapular strengthening exercises ▪ Gradually progress sports activities ▪ Monitor workload 	<ul style="list-style-type: none"> ▪ Return to sports activity

Protocol adapted from Hospital for Special Surgery Rehabilitation postoperative anterior shoulder stabilization guidelines