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**PHYSICAL THERAPY PRESCRIPTION: S/P ANTERIOR**

**ARTHROSCOPIC SHOULDER STABILIZATION**

**RECOVERY / RECUPERATION PHASE: WEEKS 1 - 3**

\* Immobilization in sling x3 weeks except for exercises

\* Elbow A/AAROM: flexion and extension.

\* Protect ant. capsule from stretch. Limit ER to neutral, Horiz ABD, to scapular plane.

\* Modalities (i.e. CryoCuff) PRN.

\* Wrist and gripping exercises.

\* Deltoid isometrics.

\* Grip strengthening

**WEEKS 3 - 6**

\* At 3 weeks PROM: flexion to 90 in the scapular plane; light IR, pendulums

\* At 6 weeks, pulley for flexion, pendulum exercises.

\* Pool exercises: A/AAROM flexion, extension, horiz. addctn, elbow flex & extension.

\* Deltoid isometrics.

\* Lightly resisted elbow flexion.

\* Continue with wrist ex.

\* Modalities PRN.

\* Discontinue sling at 4-6 weeks.

**WEEKS 6 - 12**

\* 6-10 weeks, gradual A/AA/PROM to improve ER with arm at side.

\* Progress flexion to tolerance.

\* 10-12 weeks, A/AA/PROM to improve ER with arm in 45° abduction.

\* Pool exercises AROM all directions below horizontal, light resisted motions in all planes.

\* AROM activities to restore flexion, IR, horiz ADD.

\* Deltoid, Rotator Cuff isometrics progressing to isotonics.

\* PRE’s for scapular muscles, latissimus, biceps, triceps.

\* PRE’s work rotators in isolation (use modified neutral).

\* Joint mobilization (posterior glides).

\* Emphasize posterior cuff, latissimus, & scapular muscle strengthen, stress eccentrics.

\* Utilize exercise arcs that protect anterior capsule from stress during PRE’s.

\* Keep all strength exercises below the horizontal plane in this phase.

# **WEEKS 12 - 16**

\* AROM activities to restore full ROM.

\* Restore scapulohumeral rhythm.

\* Joint mobilization.

\* Aggressive scapular stabilization and eccentric strengthening program.

\* PRE’s for all upper quarter musculature (begin to integrate upper extremity

patterns). Continue to emphasize eccentrics and glenohumeral stabilization. All PRE’s are below the horizontal plane for non-throwers.

\* Begin isokinetics.

## **WEEKS 16 – 24**

\* Begin muscle endurance activities (UBE).

\* Continue with agility exercises.

\* Advanced functional exercises.

\* Isokinetic test.

\* Functional test assessment.

\* Full return to sporting activities.