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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.