**Anterior Shoulder Instability Rehabilitation Protocol**

**Please note that these are to be used only as guidelines.**

**All specifics regarding exercises and progression back to sports will be made on an individual basis by your treating providers.**

**Weeks 0 to 2: Healing Phase**

**Sling:** Pillow and sling at all times except for bathing, dressing, and exercises

**PROM:**

* **Forward Flexion:** 90 degrees  
  **Internal Rotation:** 45 degrees  
  **External Rotation:** 0 to 10 degrees

**Therapeutic exercise:**

* Codman or pendulum type only
* Wrist and elbow only

**Modalities:**

* As indicated

**Cryotherapy 6 to 8 times/day for 20 minutes**

**Phase goal is decrease shoulder inflammation and begin restoration of normal range-of-motion**

**Weeks 3 to 4: Protective Phase**

**Sling:** Pillow may be removed, Slingat all times

**PROM:**

* **Forward Flexion:** 140 degrees  
  **Internal Rotation:** 50 degrees  
  **External Rotation:** 30 degrees

**Therapeutic Exercises:**

* Codman type exercises
* Cane stretches
* Scapular stabilizing exercises – no resistance
* Stationary bike

**Cryotherapy six to eight times/day for 20 minutes**

**Phase goal is to begin shoulder functional stabilization exercises and progress range-of-motion**

**Weeks 5 to 8: Motion Phase**

**Sling:** Wean as directed

**PROM:**

* **Forward Flexion:** Full  
  **Internal Rotation:** Full  
  **External Rotation:** 60 degrees to full

**Therapeutic Exercise:**

* Continue Codman cane stretches
* Isometric rotator cuff
* Isotonics to tolerance at side
* Scapular Stabilization with resistance
* Stationary bike
* Elliptical without arms

**Manual:**

* Scar massage
* Glenohumeral joint mobilization as necessary

**Cryotherapy after therapy and home exercises**

**Phase goals are to establish normal range-of-motion and begin work on normalizing scapular motion and function.**

**Weeks 9 to 12: Strengthening Phase**

**ROM Goals:**

* Progress to full functional ROM

**Therapeutic Exercise:**

* Cane, pulley, Towel IR stretch
* Isotonics in functional ROM
* Integrate rotator cuff with scapular stabilization
* Scapular Stabilizationwith resistance
* Core strengthening
* Stationary bike, elliptical, treadmill running
* Begin functional 90/90 strengthening
* Begin closed chain exercises as appropriate

**Manual:**

* Glenohumeral joint mobilizations as indicated

**Phase goals are to achieve normal range-of-motion, improve Scapulothoracic and glenohumeral rhythm, and progress as possible with NO pain.**

**Weeks 12+: Advanced Functional Phase**

**Therapeutic Exercise:**

* Sport Specific

**Return to sport is determined by completion and passing of shoulder functional testing. This may be done with your surgeon and/or physical therapist.**