



## Complex Anterior Shoulder Stabilization Rehabilitation Protocol

| Phase   | Goals  | Precautions / Restrictions  | Treatment  |
|---|--|---|--|
| <b>Weeks 0 – 6</b>                            | <ul style="list-style-type: none"> <li>• Protect surgical site and repair</li> <li>• Decrease pain and inflammation</li> <li>• PRICE principles</li> <li>• Minimize muscle atrophy</li> <li>• Maintain elbow, wrist and hand function</li> </ul>   | <ul style="list-style-type: none"> <li>• No shoulder motion</li> <li>• No lifting</li> <li>• Arm to be touching abdomen when out of immobilizer</li> <li>• Wear sling with pillow except for hygiene and exercise performance</li> </ul>  | <ul style="list-style-type: none"> <li>• Shoulder arm hang exercises</li> <li>• AAROM to AROM of elbow, wrist and hand with arm in plane of body</li> <li>• Scapular retraction isometrics w/ immobilizer</li> <li>• Core activation with immobilizer on</li> <li>• Cryotherapy: 5-7 times per day</li> <li>• May initiate cardiovascular exercise (bike) beginning week 2</li> <li>• Initial visit: FOTO, QuickDASH</li> </ul>  |
| <b>Weeks 6 – 16</b>                           | <ul style="list-style-type: none"> <li>• Maintain integrity of repair</li> <li>• Initiate PROM and slowly advance to AAROM to AROM</li> <li>• Functional AROM of shoulder by week 16</li> <li>• Functional scapular mechanics by week 16</li> <li>• Improve motor control</li> <li>• Improve total arm strength</li> </ul> | <ul style="list-style-type: none"> <li>• May discontinue pillow at week 6, and wean out of sling as able over next 1-2 weeks</li> <li>• Do not force motion</li> <li>• No anterior shoulder stretching or subscapularis stretching until week 8</li> <li>• No weight bearing through shoulder until week 12</li> <li>• Avoid RTC pain with strengthening</li> </ul> | <ul style="list-style-type: none"> <li>• Week 6: PROM-AAROM-AROM of shoulder ER/IR, flexion, &amp; abduction shoulder flexion / scapular plane / abduction as tolerated <ul style="list-style-type: none"> <li>○ Avoid compensation</li> </ul> </li> <li>• Week 8: <ul style="list-style-type: none"> <li>○ Initiate IR / ER isometrics</li> <li>○ No limits with ROM and scapular stabilizer strengthening</li> </ul> </li> <li>• Week 10: Progress strength of scapular stabilizers, RTC, forearm and core</li> <li>• Week 12: <ul style="list-style-type: none"> <li>○ Initiation of plyometric exercise</li> <li>○ May begin jogging/running</li> <li>○ FOTO, QuickDASH</li> </ul> </li> </ul> |
| <b>Weeks 16 – 20</b><br><b>(Months 4 – 5)</b> | <ul style="list-style-type: none"> <li>• Maintain integrity of repair</li> <li>• Progress RTC exercises</li> <li>• Progress scapular stabilizer strengthening</li> <li>• Full AROM compared bilaterally without compensation</li> </ul>  | <ul style="list-style-type: none"> <li>• Do not force motion</li> <li>• Avoid RTC pain with strengthening</li> </ul>  | <ul style="list-style-type: none"> <li>• Week 16: Functional testing including HHD for IR/ER/Flexion and UE Y-balance</li> <li>• Advancement to isotonic exercise per tolerance in all planes, including multiplane exercises provided: <ul style="list-style-type: none"> <li>○ No compensations during exercise performance</li> </ul> </li> <li>• Week 16: FOTO, QuickDASH</li> </ul>   |
| <b>Weeks 20 +</b><br><b>(Months 5+)</b>       | <ul style="list-style-type: none"> <li>• Initiate return to sport progression</li> <li>• Initiate higher level impact activity</li> <li>• General goal for full return to sport at 6 months, depending on progression and sport demands</li> </ul>   | <ul style="list-style-type: none"> <li>• Focus on form and control during exercise performance</li> <li>• Use of appropriate work rest intervals</li> <li>• Assess tolerance to activity during, after and at 24 hours after activity</li> </ul>  | <ul style="list-style-type: none"> <li>• Low level sport specific activity, progressing to higher demand activity</li> <li>• Continue with Anaerobic and aerobic interval training</li> <li>• Continue with core stability per tolerance <ul style="list-style-type: none"> <li>○ Multiple planes</li> <li>○ Stability in all 3 planes of motion</li> <li>○ Sport specific movements</li> </ul> </li> <li>• Plyometric activities progressing from simple to complex, less load to more load</li> <li>• Week 24: FOTO, QuickDASH</li> </ul>  |

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.

Each patient's progress may vary based on specifics of their injury and procedure.

