

Arthroscopic Anterior Stabilization Protocol

	Range of Motion	Immobilizer	Exercises
Phase I 0-6 weeks	0-3 weeks: None 3-6 weeks: begin PROM Limit flexion to 90°, external rotation to 45°, extension to 20°	0-4 weeks: Immobilized at all times day and night Off for hygiene and gentle exercise only 4-6 weeks: Worn daytime only	0-3 weeks: elbow/wrist ROM, grip strengthening at home only 2-6 weeks: Grip Strength, Elbow/Wrist/Hand ROM Do NOT perform Codman's Begin Deltoid/Cuff Isometrics Avoid stretch of anterior capsule and extension
Phase II 6-12 weeks	Begin active/active assistive ROM, PROM to tolerance Goals: Full extension rotation, 135° flexion, 120° abduction	None	Advance to AAROM and AROM (Limit FF to 140°, ER at side to 40°) Begin with gravity eliminated motion (supine) and progress. Do not force ROM with substitution patterns Continue Isometric exercises Progress deltoid isometrics ER/IR (submaximal) with arm at side Begin strengthening scapular stabilizers All strengthening exercises below horizontal
Phase III 3-5 months	Gradual return to full AROM	None	Initiate when pain-free symmetric AROM Progress as tolerated Only do strengthening 3x/week to avoid rotator cuff tendonitis Restore scapulohumeral rhythm Joint mobilization

			<p>Aggressive scapular stabilization and eccentric strengthening program</p> <p>Initiate isotonic shoulder strengthening exercises including: side lying ER, prone arm raises at 0, 90, 120 degrees, elevation in the plane of the scapula with IR and ER, lat pulldown close grip, and prone ER</p> <p>Dynamic stabilization WB and NWB</p>
<p>Phase IV 5-7 months</p>	<p>Full and pain-free</p>	<p>None</p>	<p>PRE's for all upper quarter musculature (begin to integrate upper extremity patterns). Continue to emphasize eccentrics and glenohumeral stabilization.</p> <p>All PRE's are below the horizontal plane for non-throwers.</p> <p>Advanced functional exercises</p> <p>Isokinetic test</p> <p>Functional test assessment</p> <p>Full return to sporting activities</p>
<p>*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II **Limited return to sports activities</p>			