

ARTHROSCOPIC ANTERIOR STABILIZATION REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 0-6 Weeks	0-2 weeks: None 2-6 weeks: begin PROM-gentle to begin Limit forward flexion to 90°, external rotation to 45°, extension to 20°	0-2 weeks: Worn at all times day and night** Off for hygiene and gentle exercise only-keeping arm in neutral position with hygiene 2-6 weeks: Worn daytime only**	0-2 weeks: elbow/wrist ROM, grip strengthening, closed chain scapula, <i>gentle</i> pendulums 2-6 weeks: begin PROM activities, gentle posterior capsule mobilizations; avoid stretch of anterior capsule and extension; closed chain scapula, deltoid/rotator cuff isometrics *Lower body, core, and gentle stationary bike okay if arm in sling and not being used
PHASE II* 6-12 Weeks	Begin AAROM/AROM, progress PROM to tolerance Goals: Full extension and external rotation, 135° flexion, 120° abduction	None	Continue Phase I work; begin active-assisted exercises Begin resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff
PHASE III 12-16 weeks	Gradual return to full AROM	None	Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization, advance from bands to light weights as tolerated Begin muscle endurance activities (upper body ergometer) Elliptical/running/cycling okay at 12 weeks
PHASE IV 4-5 months	Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening Begin plyometric and throwing/sports program, continue with endurance activities
PHASE V 5-7 months	Full and pain-free	None	Progress Phase IV activities, return to full activity as tolerated

*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

**May remove sling if arm is supported on chair/desk/table (ie desk work, eating)

***Patient protocols may vary. Please follow patient-specific script if modified

For throwers, we recommend scheduling a throwing assessment after 5 months postop with our Sports Performance team to guide progression to a safe return to sport program: <https://www.rushortho.com/specialties-services/sports-performance-and-recovery/throwing-assessment/>