

## Arthroscopic Shoulder Stabilization Rehab

Shady Grove Orthopaedic Associates, P.A.

### PHASE I - IMMEDIATE POST-SURGICAL PHASE (DAYS 1 - 14)

#### Goals:

1. Maintain integrity of the repair
2. Diminish pain and inflammation
3. Prevent muscular inhibition

#### Days 1 - 14

- Sling
- Elbow/hand gripping & ROM exercises
- Cryotherapy/Ice for pain and inflammation - 15-20 minutes every hour
- Sleeping - sleep in sling or brace



Pendulum, Circular - Bend forward 90 degrees at the waist, using a table for support. Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times. Do 3 sessions a day.

\* American Academy of Orthopaedics

#### **Precautions to be maintained through Week**

##### **6:**

1. Maintain arm in brace, remove only for exercise
2. No lifting of objects
3. No excessive shoulder extension or external rotation
4. No excessive or aggressive stretching or sudden movements
5. No supporting of body weight by hands
6. No bimanual activities (pulling on pants/socks, etc.)

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### PHASE II - PROTECTION PHASE (WEEKS 3 - 6)

#### Goals:

1. Allow healing of soft tissue, protect repair
2. Gradually restore full PROM by Weeks 4 - 6
3. Re-establish dynamic shoulder stability
4. Decrease pain & inflammation
5. To achieve near full PROM by week 7

#### Weeks 3 - 4

- Continue pendulum exercises
- Continue use of cryotherapy/ice as needed if still swollen
- Depending upon repair/tissue/pathology may begin gentle PT
- Staged Passive Range of Motion (PROM)
  - Passive Forward Elevation (PFE): 90°
  - Passive External Rotation (PER) @ 20° abd: 10 – 30°
  - Passive External Rotation (PER) @ 90° abd: Contraindicated
  - Active Forward Elevation (AFE): N/A

#### Weeks 5 - 6

- May remove sling at home but should keep on while sleeping or in community
  - Start formal PT around weeks 5 – 6 if not already begun
  - Pendulum exercises
  - PROM/AAROM exercises:
    - Passive Forward Elevation (PFE): 135°
    - Passive External Rotation (PER) @ 20° abd: 35 – 50°
    - Passive External Rotation (PER) @ 90° abd: 45°
    - Active Forward Elevation (AFE): N/A
  - Submaximal rotator cuff (RTC) isometrics
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### **PHASE III - INTERMEDIATE PHASE (WEEKS 7 - 12)**

#### **Goals:**

- 1. Maintain staged ROM goals to normalize PROM/AROM. DO NOT EXCEED!**
- 2. Minimize pain**
- 3. Increase strength and endurance**
- 4. Increase functional activities**

#### **Weeks 7 - 8**

- Discontinue sling
- Continue PROM/AAROM/AROM (as needed to maintain staged ROM)
  - Passive Forward Elevation (PFE): 135°
  - Passive External Rotation (PER) @ 20° abd: 35 - 50°
  - Passive External Rotation (PER) @ 90° abd: 45°
  - Active Forward Elevation (AFE): 115°
- Work on scapulo-humeral rhythm, peri-scapular strengthening (no push-ups plus)
- May use arm for light activities of daily living (ADL's)
- May begin gentle AROM
- Gentle core strengthening

#### **Weeks 9 - 12**

- Continue PROM/AAROM/AROM (as needed to maintain staged ROM)
    - Passive Forward Elevation (PFE): 155°
    - Passive External Rotation (PER) @ 20° abd: 50 - 65°
    - Passive External Rotation (PER) @ 90° abd: 75°
    - Active Forward Elevation (AFE): 145°
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### **PHASE IV - ADVANCED STRENGTHENING PHASE (WEEKS 13 - 24)**

#### **Goals:**

- 1. Maintain full non-painful ROM**
- 2. Enhance functional use of upper extremity**
- 3. Improve muscular strength & power**
- 4. Gradual return to functional activities**

#### **Weeks 13 - 19**

- Continue ROM & gentle stretching to maintain full ROM
  - Self capsular stretches
  - Progress shoulder strengthening exercises
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## **PHASE V - RETURN TO ACTIVITY PHASE (WEEKS 24+)**

### **Goals:**

- 1. Gradual return to strenuous work activities**
- 2. Gradual return to recreational sport activities**

### **Week 24**

- Continue stretching, if motion is tight
  - May initiate interval sport program (i.e., golf, etc)
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Reference: *American Society of Shoulder & Elbow Therapists*, CONSENSUS REHABILITATION GUIDELINES, Arthroscopic Anterior Stabilization with or without Bankart Repair. Rev. July 2007.

[http://www.asset-usa.org/Guidelines/Arthroscopic\\_Anterior\\_Stabilization.pdf](http://www.asset-usa.org/Guidelines/Arthroscopic_Anterior_Stabilization.pdf)