Complex Anterior Shoulder Stabilization Rehabilitation Protocol

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This protocol provides general guidelines for rehabilitation following complex anterior shoulder stabilization. Progression should be individualized based on the procedure, healing, and patient response, with modifications as directed by the surgeon. Revision arthroscopic repairs, MDI, open capsular shifts, Latarjet.

Phase	Goals	Precautions / Restrictions	Treatment
Weeks 0-6	• **Protect surgical site and repair** • Decrease pain and inflammation • PRICE principles • Minimize muscle atrophy • Maintain elbow, wrist and hand function	• **No shoulder motion** • **No lifting** • Arm to be touching abdomen when out of sling • Wear sling with pillow except for hygiene and exercise performance	**General guidelines** • Shoulder arm hang exercises • AAROM to AROM of elbow, wrist and hand with arm in plane of body • Scapular retraction isometrics with immobilizer on • Core activation with immobilizer on • Cryotherapy: 5-7times per day **Initial visit** • FOTO, QuickDASH **Week 2** • May initiate cardiovascular exercise (bike) beginning week 2
Weeks 6-16	• **Maintain integrity of repair** • Initiate PROM and slowly advance to AAROM to AROM • Functional AROM of shoulder by week 16 • Functional scapular mechanics by week 16 • Improve motor control • Improve total arm strength	• May discontinue pillow at week 6, and wean out of sling as able over next 1-2 weeks • **Do not force motion** • **No anterior shoulder stretching or subscapularis stretching until week 8** • **No weight bearing through shoulder until week 12** • **Avoid RTC pain with strengthening**	**General guidelines** Week-specific instructions are listed below. **Week 6** • PROM-AAROM-AROM of shoulder ER/IR, flexion, & abduction • **Avoid compensation** **Week 8** • Initiate IR/ER isometrics and scapular stabilizer strengthening **Week 10** • Progress strength of scapular stabilizers, RTC, forearm and core **Week 12** • Initiation of plyometric exercise • May begin jogging/running • FOTO, QuickDASH
Weeks 16-20) (Months 4-5)	• **Maintain integrity of repair** • Progress RTC exercises • Progress scapular stabilizer strengthening • Full AROM compared bilaterally without compensation	• **Do not force motion** • **Avoid RTC pain with strengthening**	**General guidelines** • Advancement to isotonic exercise per tolerance in all planes, including multiplane exercises **provided:** • **No compensations during exercise performance** • Modalities as needed

Phase	Goals	Precautions / Restrictions	Treatment
			Week 16 ● Functional testing including HHD for IR/ER/Flexion and UE Y-balance ● FOTO, QuickDASH

Weeks 20+ (Months 5+)	● Initiate return to sport progression
	● Initiate higher level impact activity
	● General goal for full return to sport at 6 months, depending on progression and sport demands
		● Focus on form and control during exercise performance
		● Use of appropriate work rest intervals
		● Assess tolerance to activity during, after and at 24 hours after activity
			General guidelines
			● Low level sport specific activity, progressing to higher demand activity
			● Continue with Anaerobic and aerobic interval training
			● Continue with core stability per tolerance
			  ● Multiple planes
			  ● Stability in all 3 planes of motion
			  ● Sport specific movements when able
			● Plyometric activities progressing from simple to complex, less load to more load
			Week 24
			● FOTO, QuickDASH