Standard Anterior Shoulder Stabilization Rehabilitation Protocol

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This protocol provides general guidelines for rehabilitation following standard anterior shoulder stabilization. Progression should be individualized based on the procedure, healing, and patient response, with modifications as directed by the surgeon.

Phase	Goals	Precautions / Restrictions	Treatment
Weeks 0-4	• **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 immobilizer • 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 4-16	• **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	• Discontinue pillow at week 4, but continue sling • Discontinue sling at week 6 • **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** • Modalities as needed **Week 4** • PROM-AAROM-AROM of shoulder ER/IR, flexion, & abduction shoulder flexion/scapular plane/ abduction as tolerated • **Avoid compensation** **Week 6** • Initiate IR/ER isometrics • **No limits with ROM and scapular stabilizer strengthening** **Week 8** • 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	• **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
	without compensation		**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
			● Plyometric activities progressing from simple to complex, less load to more load
			Week 24
			● FOTO, QuickDASH