

Rehabilitation Protocol: **Arthroscopic Anterior Shoulder Stabilization**

	RANGE OF MOTION*	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 4 weeks	Active / Active-Assisted: Limit ER to 40° and forward flexion to 140°	Worn at all times except for hygiene and therapeutic exercise.	Elbow/wrist/hand ROM, grip strength. Isometrics: abduction, ER, IR exercises with elbow at side.
PHASE II 4 - 6 weeks	Increase forward flexion, IR/ER as tolerated with same limits.	None.	Advance isometrics and begin Theraband. Strengthen scapular stabilizers.
PHASE III 6 - 12 weeks	Progress to full active motion. May add gentle PROM at 8wks if needed.	None.	Advance Therabands. May begin light weights. Begin UBE.
PHASE IV 12 - 24 weeks	Full painless motion.	None.	Begin functional sport/work specifics. Plyometrics, proprioception, 4 months: Return to noncontact practice. Weight room high rep program. 5-6 months: Return to powerlifting, contact sports if approved.

* Patient is required to complete stretching exercises 3 times per day.