



OrthoTeam Clinic

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Post-Operative Rehabilitation for Anterior Shoulder Stabilization Procedures

Instructions for the Therapist:

- The MOON Shoulder Group is a collection of shoulder experts who study the best methods to treat patients after surgery for shoulder instability. Your patient is part of a group of patients being closely followed in order to determine which patients have the best and worst outcomes after surgery.
- The patient is to begin therapy 2 weeks after surgery
- The patient should work with the therapist 1-3x per week until released by the surgeon
- Do not add or skip any part of this program. If you have concerns, please contact your surgeon.

Goals:

The two main goals of this physical therapy program are to:

- 1) Have full active and passive range of motion by 3 months after surgery and
- 2) Return to sport by 18-24 weeks after surgery

Sling Usage: Patients must wear their sling **at all times**, except when showering/bathing for 6 weeks. This does include while they are sleeping.

Ice/Cryo-Cuff: We encourage the use of the ice or the cryo-cuff to help control pain and inflammation after surgery.

Questions/Concerns: If you have questions or concerns, please contact David Grove, LAT at the OrthoTeam Clinic: 608-231-3410

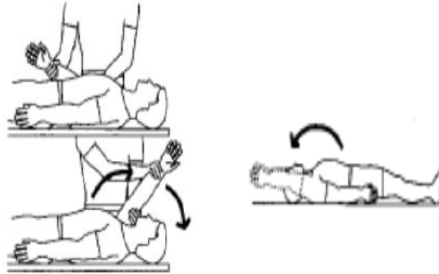
Timeline

0-2 weeks

- Wrist and Elbow ROM only

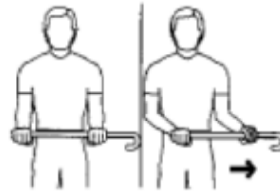
2 weeks

- Passive/ active assist forward flexion (FF) to 90 degrees
- Passive/ active assist external rotation (ER) to neutral with arm at side
- Gentle isometrics (no ER/IR)

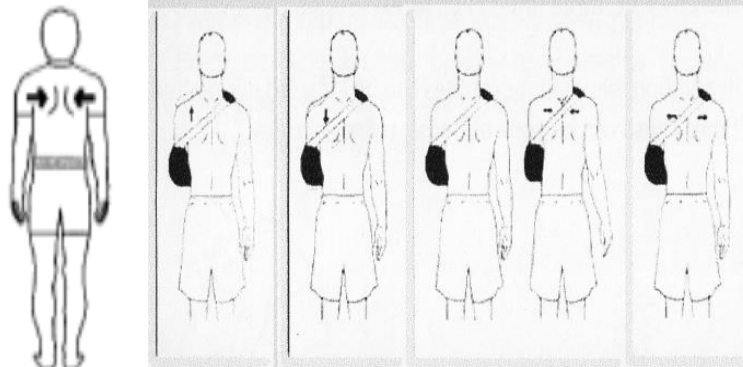


4 weeks

- Passive/active assist FF to 120
- Passive/active assist ER to 20 degrees with arm at side



- Passive/active assist Abduction to 90
- Scapula protraction/retraction (with arm in sling until 6 weeks post-op)



- No combined Abduction and ER!

6 weeks

- May discontinue sling usage, unless they are in a crowd, or on slippery surfaces.
- Unlimited Passive/active assist in FF
- May begin active motion in all planes
- Posterior glides OK (no anterior)
- Resisted isometrics (no IR)

8 weeks

- Continue to progress towards active motion
- May slowly progress towards resisted exercise with resistance bands.



12 weeks

- May begin sports specific exercises

18-24 weeks

- Return to play with approval of physician