

ARTHROSCOPIC ANTERIOR STABILIZATION PHYSICAL THERAPY PRESCRIPTION

Diagnosis: S/p (Left / Right) Shoulder Arthroscopic Anterior Stabilization

Date of surgery: _____

PHASE 1 (0 to 2 WEEKS): Begin formal PT after first post-op visit

GOALS:

Pain and swelling control

Begin passive ROM

EXERCISES/RESTRICTIONS:

Sling on at all times except for bathing/exercise

Elbow, wrist, and hand active and passive ROM. Wrist/gripping exercises

Pendulum exercises

Protect anterior capsule from stretch. Limit passive forward flexion in scapular plane to 90° only, ER to neutral

No active elevation or arm

No lifting with arm

Deltoid isometrics

Modalities, cryocuff / ice, as needed

PHASE 2 (2-6 WEEKS):

GOALS:

Continued healing

Increase passive ROM

EXERCISES/RESTRICTIONS:

Sling at all times except bathing and exercises

Passive forward flexion to 90°

External rotation neutral until week 4, then may begin supine PROM ER to 15°. No active ER.

Scapula isokinetics

Pendulum exercises

No active elevation of arm

No lifting of objects with arm

PHASE 3 (6-12 WEEKS):

GOALS:

Full shoulder ROM

Begin strengthening

EXERCISES/RESTRICTIONS:

Discontinue sling at 6 weeks post-op

Weeks 6-10: Gradual A/AA/PROM to improve ER with arm at side

Goals= 30° ER at 8 weeks; 50° ER at 10-12 weeks; 75° ER at 12-14 weeks

Progress forward elevation to tolerance by emphasizing passive supine forward elevation; progressive to active assist forward elevation in plane of scapula with shoulder/proximal humerus in neutral rotation

Weeks 10-12: Initiate A/AA/PROM to improve ER with arm in 45° abduction

Goal at 10 wks = ~45° ER in 45° Abduction

At 10-12 weeks, incorporate pulley use to gradually facilitate PROM forward elevation to full in neutral

Deltoid isometrics progressing to isotonic

PRE's for scapular muscles, latissimus, biceps, triceps

Utilize exercise arcs that protect anterior capsule from stress during PRE's

Keep all strength exercises below the horizontal plane in this phase

Modalities prn

PHASE 4 (12-18 WEEKS):

GOALS:

Full ROM

Strength to 90% compared to other side

EXERCISES/RESTRICTIONS:

Continue AROM activities to restore normal ROM and restore scapulohumeral rhythm

Aggressive scapular stabilization and eccentric strengthening exercises

PRE for all upper extremity musculature

Begin isokinetics

Advance functional exercises

PHASE 5 (18-24 WEEKS):

GOALS:

Return to sport / work

EXERCISES/RESTRICTIONS:

Begin muscle endurance activities

Advance to sport/work specific activities

Full return to sporting/working activities when strength and motion are 90-95% normal

Full return to sporting/working activities with MD clearance

Evaluate and treat per therapist plan.

Please follow the protocol as directed and call the office with questions or renewals.

****Please send progress notes.**

Treatment: ____ times per week **Duration:** ____ weeks ____ Home Program

Physician's Signature: _____

Date: _____

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