

PHYSICAL THERAPY PROTOCOL

ARTHROSCOPIC ANTERIOR SHOULDER STABILIZATION

WEEK 1:

- Pendulums
- ROM: elbow, wrist, and hand

WEEK 2:

- ROM restricted to 90° FE, 20° ER at side, 45° ABD
- Begin with PROM, advance as able to AAROM, AROM within restrictions

WEEK 4:

- Wean out of sling
- PROM > AAROM > AROM to 140° FE, 40° ER at side, 60° ABD
- Isometrics within ROM restrictions > light bands
- Scapula mobilization/training; retraction and depression

WEEK 8:

- Advance strengthening to bands and light weights
- Gentle stretching to regain all ROM
- Bodyblade/proprioception
- Continue scapula training

WEEK 12+:

- Advance strengthening with weights
- Rebounder cocking and backhand toss
- Increasing emphasis on eccentric control of cocking
- Sport and occupation conditioning