



ANTERIOR SHOULDER STABILIZATION REHABILITATION GUIDELINES

Dr. Ed Tingstad
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PHASE 1: Immediate Post-Op (Surgery – 4 weeks)		
Goals	<ul style="list-style-type: none"> <input type="checkbox"/> Control swelling and ice, compression, and elevation 	
Restrictions	<ul style="list-style-type: none"> <input type="checkbox"/> 140 degrees of forward flexion <input type="checkbox"/> 20 degrees of external rotation <ul style="list-style-type: none"> <input type="checkbox"/> Initially with arm at side <input type="checkbox"/> After 10 days can progress to 40 degrees of external rotation <input type="checkbox"/> Active assisted ROM only, NO passive ROM or Manipulation <input type="checkbox"/> Avoid provocative maneuvers that re-create position of instability <input type="checkbox"/> NO active internal rotation for patients following an open stabilization 	
Immobilization	<ul style="list-style-type: none"> <input type="checkbox"/> Use of sling for 4 weeks during the day and especially at night 	
Pain Control	<ul style="list-style-type: none"> <input type="checkbox"/> Narcotics for 7-10 days following surgery, then NSAIDs for persistent discomfort <input type="checkbox"/> Therapeutic modalities 	
Exercises	ROM	<ul style="list-style-type: none"> <input type="checkbox"/> 140 degrees of forward elevation <input type="checkbox"/> 40 degrees of external rotation with arm at side <input type="checkbox"/> After 10 days, can progress to external rotation with arm abducted to 45 degrees
	MUSCLE ACTIVATION	<ul style="list-style-type: none"> <input type="checkbox"/> Pendulum exercises <input type="checkbox"/> Rotator cuff strengthening within the limits of the active ROM <input type="checkbox"/> Closed chain isometric strengthening with the elbow flexed to 90 <input type="checkbox"/> Grip strengthening <input type="checkbox"/> Elbow ROM with supination and pronation
Progression Criteria	<ul style="list-style-type: none"> <input type="checkbox"/> Minimal pain and discomfort with active ROM and closed chain strengthening exercises <input type="checkbox"/> No sensation or findings of instability 	



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PHASE 2: Weeks 4-8		
Goals	<input type="checkbox"/> Increased ROM <input type="checkbox"/> Increase strength	
Restrictions	<input type="checkbox"/> Active ROM only <input type="checkbox"/> 160 degrees of forward elevation <input type="checkbox"/> 60 degrees of external rotation <input type="checkbox"/> 70 degrees of abduction	
Exercises	ROM	<input type="checkbox"/> Forward elevation to 160 degrees <input type="checkbox"/> Abduction to 70 degrees <input type="checkbox"/> External rotation to 50 degrees
	MUSCLE ACTIVATION	<input type="checkbox"/> Rotator cuff strengthening within limits of ROM <input type="checkbox"/> Closed chain isometric strengthening with the elbow flexed to 90 and arm at the side <input type="checkbox"/> Progress to light open chain and isotonic strengthening with TheraBand's. Progression to the next band usually occurs in 2-to-3-week intervals. <input type="checkbox"/> Strengthening of scapular stabilizers: retraction, protraction, depression, and shrugs
Progression Criteria	<input type="checkbox"/> Minimal pain and discomfort with active ROM and closed-chain strengthening <input type="checkbox"/> No sensation or findings of instability with above exercises	



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PHASE 3: Weeks 8-12		
Goals	<ul style="list-style-type: none"> <input type="checkbox"/> Improve shoulder strength, power, and endurance <input type="checkbox"/> Improve neuromuscular control and shoulder proprioception <input type="checkbox"/> Restore full range of motion <input type="checkbox"/> Establish a home exercise program that is performed at least three times per week 	
Exercises	ROM	<ul style="list-style-type: none"> <input type="checkbox"/> Obtain motion that is equal to contralateral side <input type="checkbox"/> Active ROM exercises <input type="checkbox"/> Active Assisted ROM exercises <input type="checkbox"/> Passive ROM exercises <input type="checkbox"/> Capsular stretching
	MUSCLE ACTIVATION	<ul style="list-style-type: none"> <input type="checkbox"/> Rotator cuff strengthening three times per week, 8-12 repetitions for 3 sets <input type="checkbox"/> Scapular stabilizer strength <input type="checkbox"/> Upper extremity endurance training <input type="checkbox"/> Proprioceptive training with PNF patterns <input type="checkbox"/> Plyometric exercises <input type="checkbox"/> Progressive systematic interval program for returning to sports <ul style="list-style-type: none"> <input type="checkbox"/> Overhead athletes not before 6 months
Maximum Improvement and Warning Signs	<ul style="list-style-type: none"> <input type="checkbox"/> Maximum improvement is expected by 12 months. Most patients can return to sports and full duty work status by 6 months <input type="checkbox"/> Warning signs: persistent instability, loss of motion, lack of strength progression, pain 	