



1219-A Gusdorf Road – Taos, New Mexico, 87571

Phone 575-758-0009

Fax 575-758-8736

Arthroscopic Anterior Stabilization Rehab

Phase I (0-3weeks)

Sling immobilization-MD directed
Codmans/Pendulum exercises
Wrist/Elbow ROM
Gripping exercises
FF-AAROM (supine)-limit to 90°
ER to 0°
Sub maximal, pain-free deltoid isometrics in neutral
Modalities as needed

Phase II (3-6 weeks)

D/C sling- MD directed
Continue FF-AAROM (wand/pulleys)
ER-AAROM to 30°
Manual scapular stabilization exercises-side lying
Begin pain-free IR/ER isometrics in modified neutral
Modalities as needed

Phase III (6-8 weeks)

8 weeks Begin Biceps/Triceps strengthening
Progress scapular strengthening in protective arcs/emphasis on closed chain activities
Begin isotonic IR/ER strengthening in modified neutral
Begin latissimus strengthening-below 90° elevation
Begin FF in plane of scapula/add weights as tolerated (emphasis on scapulohumeral rhythm)
Continue to increase AAROM for ER and FF
Begin upper body ergo meter below 90° elevation
Begin humeral head stabilization exercises (if adequate strength and ROM)

Arthroscopic Anterior Stabilization Rehab

Phase IV (8-10 weeks)

Continue aggressive scapular strengthening
Advance strengthening for deltoid, biceps, triceps and latissimus as tolerated
Begin PNF patterns
Continue humeral head stabilization exercises
Advance IR/ER to elevated position if overhead athlete
(must be pain-free and have good proximal strength)
Continue UBE for endurance training
Begin general flexibility exercises

Phase V (10-14 weeks)

Continue full upper extremity strengthening (stress eccentrics)
Restore normal shoulder flexibility
Begin activity specific plyometric program (if pain-free with adequate strength base)
Continue endurance training

Phase VI (14-24 weeks)

Continue flexibility exercises
Continue full strengthening program (incorporate training principles)
Begin sport specific interval program-MD directed