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Anterior Stabilization

Stage 0 Precautions

1. Patient immobilized in sling **1-4 weeks**
2. Keep ER less than 30 degrees x 3 weeks (instruct patient to keep hand in front of body)
3. Sling DC'd by physician and rehab team, Sleep in sling 2-4 weeks
4. **Avoid** overhead activities and extension
5. **Avoid 90/90 (ER, Abduction, and Extension) position for 10 weeks post-op. Also, avoid anterior GH glides**
6. Patient performing **HMP**: Pendulums, submaxial isometrics in neutral position, elbow and wrist AROM, and cervical ROM exercises
7. **START PT PER PHYSICIAN (see script)**
 - a. **Arthroscopic stabilization**: AROM Emphasized; **Avoid passive stretches**
 - b. **Open stabilization**: PROM and AAROM Emphasized

Stage 1 (0-2 Weeks)

****AVOID 90/90 POSITION****

1. AROM emphasized
2. AAROM
 - a. Flexion to 60 degrees
 - b. Elevation in scapular plane to 60
 - c. ER <30 degrees
 - d. Shoulder isometrics in all directions in neutral position
-submaximal contraction (50%)
 - e. Wrist PRE's
 - f. Scapular exercises (sidelying scap facilitation-retraction, protraction, elevation, and depression.
 - c. Cryotherapy and modalities PRN

Stage 2 (2-4 weeks)

****AVOID 90/90 POSITION****

1. DC sling
1. AROM emphasized, AAROM if needed (cane and pulley)
 - a. Flex to 90
 - b. Abd to 70-80
 - c. ER to 30
 - d. IR to 50

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- e. Continue isometrics
- f. Rhythmic stabilization at 0 degrees Abd
- g. CKC ex's (standing wt. shifts)
- h. Cryotherapy and Modalities continued for pain reduction

Stage 3 (4-6 weeks)

****AVOID 90/90 POSITION****

- 1. AROM emphasized, AAROM if needed
 - a. Flex to 140
 - b. Abd to 100
 - b. ER at 45 degrees Abd to 50-60 degrees by week 6
- 2. **PROM ONLY IF 90 DEGREES of ELEVATION IS NOT MET ACTIVELY**
- 3. Initiate theraband
 - a. ER and IR at 0 degrees Abd
- 4. Sidelying cuff weight motions (no weight)
- 5. ER and IR rhythmic stabilizations at 45 degrees Abd
- 6. Closed Kinetic Chain (table wash)
- 7. Cryotherapy and modalities for pain

Stage 3 (6-10 weeks)

****AVOID 90/90 POSITION****

- 1. AROM to tolerance, AAROM if needed
 - a. Flex to 160-170
 - b. Abd to 125-140
 - c. ER at 90 degrees abd 60-70 degrees
 - d. IR at 90 degrees abd 60-70 degrees
- 2. **PROM ONLY IF 125 DEGREES of ELEVATION IS NOT MET ACTIVELY**
- 3. Increase sidelying isotonic
- 4. Initiate prone clocks (avoid 3 O'clock for 10 weeks)
- 5. Closed Kinetic Chain exercise
 - a. Table wash (diagonals)
 - b. Wall wash
 - b. 4pt
- 6. Initiate UBE by week 6
- 8. PNF initiated
- 9. Cryotherapy PRN

Criteria for Phase 4:

Full ROM by week 10
Improved strength

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Neuromuscular control

Stage 4 (10-14 Weeks)

1. AROM WNL
 - a. ER to 80-90 at 90 degrees of Abd
2. AAROM if needed
3. Full can to 70 degrees
4. Continue prone clocks
5. Rhythmic stabilizations ER and IR at 60-90 of Abd
6. Neuromuscular exercise (body blade)
7. Closed Chain exercise
 - a. 3pt
 - b. Ball walkouts

Stage 5 (14-20 weeks)

1. Progress to functional activities
2. Manual PNF
3. Endurance exercises
 - a. Wall dribble
 - b. Wall walk with t-band
3. Progress dumbbell exercises
5. Initiate return to sport 5-6 months

Criteria for DC:

1. ROM WNL as per functional demand
2. Strength WNL as per functional demand