

Arthroscopic Anterior Stabilization

Name: _____ DOB: _____ DOS: _____
 Dr. Michael Battaglia MD CAPT,MC,USN(ret) DX: _____

● = Do exercise for that week Week

Phase I: Maximal Protection		1	2	3	4	5	6	7	8	9	10	13	17	21	25
PROM Restrictions <small>FE: see chart ABD: see chart ER: see chart IR: see chart</small>	Passive Range of Motion (PROM)														
	Date:														
	Cervical ROM Exercises	●	●	●	●	●	●								
	Elbow/Hand/Wrist ROM	●	●	●	●	●	●								
	Ball Squeeze	●	●	●	●	●	●								
	Pendulums			●	●	●	●								
	Ankle Pumps	●	●	●	●	●	●								
	Scapular Retraction/Depression	●	●	●	●	●	●								
	Aquatherapy for AAROM			●	●	●	●								
	Passive ROM														
Begin Full AROM: <small>after 6 weeks</small>	External Rotation	30°	45°	60°	●	●	●	●				Continue PROM as needed			
	Forward Elevation & Scaption	120°	150°	160°	●	●	●	●							
	Abduction	90°	100°	140°	●	●	●	●							
	Internal Rotation to Belt Line	●	●	●	●	●	●	●	●	●					
Sling <small>x 6 weeks</small>	Internal Rotation							●	●	●	●				
	Phase II: Minimal Protection														
	Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25
T.E.D. Hose <small>2 weeks</small>	Active Assist ROM														
	Internal & External Rotation							●	●						
	Flexion/Abduction							●	●						
	Isometrics														
	External/Internal Rotation			●	●	●	●	●	●						
	Flexion/Extension/Abduction			●	●	●	●	●	●						
Time Lines	Active ROM														
Week 1 (POD 1-7)	Bench Press Series								●	●	●	●	●		
Week 2 (POD 8-14)	Modified Military Press									●	●	●	●		
Week 3 (POD 15-21)	Sidelying External Rotation								●	●	●	●	●		
Week 4 (POD 22-28)	Salutes								●	●	●	●	●		
	Full Can									●	●	●	●		
No Biceps AROM x 2 wks	Prone Row Progression								●	●	●	●	●		
	Prone ER@90°											●	●		
	Prone Ys									●	●	●	●		
	Prone Lift off											●	●		
	Open Chain Proprioception								●	●	●	●	●		
	Low Load Prolonged Stretches														
	Door Jam Series											●	●	●	●
	Towel Internal Rotation								●	●	●	●	●	●	●
	Cross Arm Stretch								●	●	●	●	●	●	●
	Sleeper Stretch								●	●	●	●	●	●	●
	TV Watching Stretch											●	●	●	●
	90/90 External Rotation Stretch											●	●	●	●
	Activities of Daily Living (ADL's)	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Eating/Drinking							●	●						
	Dressing							●	●						
	Washing/Showering							●	●						
	Computer with supported arm	●	●	●	●	●	●	●	●						
	Driving			●	●	●	●	●	●	●	●	●			
	Lifting up to 5 lbs.							●	●	●	●	●			
	Overhead Activity									●	●	●			
	Lifting greater than 5 lbs.										●	●			

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. © Copyright 2017 Dr. Matthew Provencher/Howard Head Sports Medicine

Week

Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
External Rotation									•	•	•	•	•	•	
Internal Rotation									•	•	•	•	•	•	
Double Arm External Rotation									•	•	•	•	•	•	
Full Can									•	•	•	•	•	•	
Forward Punch w/plus									•	•	•	•	•	•	
Rows									•	•	•	•	•	•	
Bicep Curl									•	•	•	•	•	•	
Triceps Extension									•	•	•	•	•	•	
Lat Pulldown									•	•	•	•	•	•	
Initial Closed Chain Stability										•	•	•	•	•	
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
Bear Hugs										•	•	•	•	•	
External Rotation at 45°										•	•	•	•	•	
External Rotation at 90°										•	•	•	•	•	
Rhythmic Stabilization/NM Control										•	•	•	•	•	
Advanced Closed Chain Stability											•	•	•	•	
Plyometrics											•	•	•	•	
Decelerations											•	•	•	•	
Phase IV: Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
CRITERIA FOR RETURN TO FULL ACTIVITY															
FUNCTIONAL PAINFREE ACTIVE RANGE OF MOTION, MAXIMIZED STRENGTH, PROPER SCAPULOTHORACIC MECHANICS															
Skiing													•	•	•
Throwing Progression													•	•	
Overhead and Serving Sports (tennis, volleyball)														•	
Contact Sports (football, hockey, lacrosse)														•	
Swimming														•	
Shoulder Stability Orthopedics PC 505 Broadway East suite 516 Seattle, WA 98102									© Copyright 2017 Dr. Matthew Provencher/Howard Head Sports Medicine Therapist:						