

Arthroscopic Anterior Shoulder Stabilization Rehab Protocol

	Range of Motion	Immobilizer	Therapeutic Exercise
Phase 1 0-4 weeks	Active-Assisted to neutral external rotation, 90 of forward flexion, internal rotation as tolerated	Worn at all times except hygiene and therapeutic exercise	Elbow/wrist/hand ROM Isometric external and internal rotation exercise with elbow at side
Phase 2 4-6 weeks	Increase forward flexion and internal rotation to full, progress external rotation to 45	Sling only	Continue phase 1
Phase 3 6-12 weeks	Progress to full and pain-free ROM	Use sling only out of house until 8 weeks	Advance to regular strengthening of rotator cuff and scapular stabilization exercises
Phase 4 12 weeks & on	Full and Pain Free	None	Progress to normal work and sport specific activities

Stretching exercises to be completed 3 times a day

May return to weight room at 3 months

No competitive sports until 6 months