

Arthroscopic Anterior Stabilization Protocol

ULTRA-SLING for 5 weeks at all times then 1 week only for activities

Week 1 Pendulum Exercises
Elbow / Wrist / Hand Range of Motion

Week 2-4 Passive Range of Motion:
Supine PROM Forward Flexion as tolerated to 180
External Rotation RESTRICTED TO NEUTRAL
Internal Rotation to Beltline
Abduction RESTRICTED TO 45
Gentle Isometric exercises in all planes with neutral internal/external rotation

Week 4-6 AAROM forward flexion to 180
PROM External Rotation to 30, abduction to 60 deg
No combined ABD/ER
Internal Rotation to full
Start Aquatherapy

Week 6 Full Rehab as Tolerated
Resistance Exercises
Cuff and scapula strengthening
External and Internal Rotation
Standing Forward Punch
Seated Rows
Shoulder Shrugs
Biceps Curls
Bear Hugs
Start elliptical and light jogging

Weight Training Activity (week 12 and beyond)

Keep hands within eyesight, keep elbows bent
Minimize overhead activity
(avoid military press, lat pull-down behind head, wide grip bench-press)

Return to Activity Guidelines

Computer / Typing	2 weeks
Golf	8 weeks (chip and putt) 4-5 months (full swing)
Tennis	12 weeks (no overhead until 4 months)
Contact sports	4-6 months