

## **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  
Scapular retraction - Sitting

### ***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)

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### ***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