

Open Anterior Shoulder Stabilization Rehabilitation Framework

Phase 1 – Weeks 0-3 Post-Op Goals: pain control, protected early tissue healing	
1	Immobilization/sling full time except for exercises
2	Codmans pendulums with shoulder in IR
3	PROM: (supine to protect anterior capsule) a) Supine FF to 90 degrees b) Supine Abd in plane scapula to 90 degrees c) Supine IR to tolerance (Posterior capsular stretch when warm) d) Supine ER with arm at side to _____ (Based on surgical findings)
4	Scapular strengthening in limited arc
5	Hand/wrist/elbow strengthening
6	Cardiovascular activity/cross-training as tolerated (no running yet)

Phase 2 – Weeks 4-6 Post-Op Goals: complete soft-tissue healing, increase ROM	
1	ROM: AROM/AAROM as tolerated. a) Cane, pulleys, towel use for home program b) Continue posterior capsular stretch when warm
2	Begin ER and abduction isometrics (protect subscapularis repair)
3	Continue scapular stabilization program, increase motion arc
4	Continue hand/wrist/elbow PRE's
5	Keep all strengthening below horizontal
6	NSAIDS

Phase 3 – Weeks 6-12 Post-Op Goals: maximize ROM, strengthen RC	
1	PROM: Aggressive stretching to equalize ROM with contra-lateral side
2	Begin RC PRE's (in non-abducted, neutral position)
3	Advance scapular stabilization program arc
4	Advance CV/endurance x-training program (can begin running, etc)
5	Start swimming activities at 9-12 weeks (breast-stroke, then crawl as tolerated)

Phase 4 – Weeks 12-16 Post-Op Limited return to sports	
1	Restore scapulohumeral rhythm
2	Continue PROM stretch, posterior capsular stretch
3	Shoulder muscular endurance program
4	Aggressive scapular stabilization program, eccentrics, etc.
5	Progress RC PRE's in abducted position
6	Begin plyometric weight-ball rebound throwing
7	Continue aggressive endurance cross-training
8	Begin sport-specific activity: gentle throwing, golf swing, forehand/backhand, free-throws, etc.

Phase 5 – 16+ weeks Return to full sport	
1	Advance throwing/racquet program
2	Continue endurance training
3	ROM/Flexibility maintenance program
4	Return to sports determined case by case