

**Dr. Pathik Shah**  
***Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon***  
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS  
AOSSM Sports Surgery Fellowship (California, USA),  
Fellowship in Joint and Trauma (Mumbai)  
Diploma in Football medicine (FIFA)

**OPEN STABILIZATION REHAB FRAMEWORK / PHYSICAL THERAPY  
PRESCRIPTION**

**Diagnosis: s/p Shoulder Open Stabilization and/or (Latarjet /  
Coracoid Transfer )**

**RECOVERY / RECUPERATION PHASE (0-6 WEEKS POST-OP):**

- Immobilization for 3 weeks EXCEPT for exercises
- PROM with pulleys / cane for Flexion (in plane of Scapula) @ 3 weeks
- Codman's, Pendulums in sling. NO ACTIVE IR
- PROTECT ANTERIOR CAPSULE FROM STRETCH - Limit ER to neutral
- POSTERIOR CAPSULE STRETCHING WHEN WARM
- Hand, Wrist, Grip strengthening
- Modalities, Cryocuff / Ice, prn

**6 - 12 WEEKS POST-OP:**

- Active / Active-Assisted Elevation, ER/IR. Use good arm to help operated arm
- At 6-8 weeks: ER to 30° with arm at side
- At 8-10 weeks: ER to 45° with arm at side
- At 10-12 weeks: ER to 45° with arm in 45° ABD
- Begin Deltoid and Rotator cuff Isometrics @ 6 weeks. Progress to Isotonics
- Theraband for ER exercises
- Continue with Scapula strengthening, increase arc motion
- Continue with wrist / forearm strengthening
- Continue with POSTERIOR CAPSULE STRETCHING WHEN WARM
- Keep all strengthening exercises below horizontal
- NO PASSIVE STRETCHING. PROTECT ANTERIOR CAPSULE
- Modalities as needed
- Discontinue sling @ 4-6 weeks

**Dr. Pathik Shah**  
***Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon***  
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS  
AOSSM Sports Surgery Fellowship (California, USA),  
Fellowship in Joint and Trauma (Mumbai)  
Diploma in Football medicine (FIFA)

**LIMITED RETURN TO SPORT PHASE (12 - 20 WEEKS POST-OP):**

- Active ROM activities to restore full ROM. Restore Scapulo-Humeral rhythm
- Incorporate rhythmic Scapula stabilization exercises with goal to improve Scapular control
- Continue Posterior Capsule stretching
- Continue muscle endurance activities
- Progress from modified neutral into ABD for cuff PRE's
- Aggressive Scapula strengthening and eccentric strengthening program
- Begin Plyometric training for overhead athletes
- Begin Isokinetics for Rotator cuff
- At 16 weeks: begin sport specific activities: gentle throwing, golf swing, forehand / backhand
- Limited return to sports @ 16 weeks

**FULL RETURN TO SPORT PHASE (20-26 WEEKS POST-OP):**

- Advance throwing / racquet program
- Continue with endurance activities. Maintain ROM / Flexibility
- Functional test assessment
- Begin full return to sporting activities after clearance from surgeon