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Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
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SHOULDER ARTHROSCOPIC STABILIZATION PHYSICAL THERAPY PRESCRIPTION

Diagnosis: s/p Shoulder Arthroscopic Posterior Stabilization

RECOVERY / RECUPERATION PHASE: WEEKS 1-6

Immobilization x 4-6 weeks except for exercises as listed below

Modalities as needed

- Do not D/C sling until 6 weeks
- PROM with pulleys / cane for flexion start at 3 weeks post-op
- Codman's, pendulums in sling. **No active IR**
- Grip strengthening & Elbow exercises
- ANTERIOR CAPSULAR STRETCHING WHEN WARM (Ext Rot)
- PROTECT POSTERIOR CAPSULE from stretch – **limit IR to neutral**

PHASE II: WEEKS 6-12

- Active and active-assisted elevation, ER / IR. Use good arm to help operated arm
- Weeks 6-8: Internal rotation to 10° with arm at side and 90° abduction
- Weeks 8-10: IR to 45° with arm at side and at 45° abduction
- Weeks 10-12: IR to 45° with arm in 45° abduction
- Begin deltoid and rotator cuff isometric exercises at 6 weeks. Progress to isotonic
- Theraband for slow introduction of at weeks 8-10 IR exercises
- Continue with scapula strengthening, increase arc motion & continue with wrist / forearm strengthening
- Continue with ANTERIOR CAPSULE STRETCHING when warm
- Keep all strengthening exercises below the horizontal
- NO PASSIVE STRETCHING. PROTECT POSTERIOR CAPSULE
- Discard gunslinger brace at 6 weeks

LIMITED RETURN TO SPORT PHASE: WEEKS 12-20

- AROM activities to restore full ROM. Restore Scapulo-humeral rhythm
- Continue anterior capsule stretching
- At 16 weeks begin sport specific activities: gentle throwing, golf swing forehand / backhand.
- Limited return to sports at 16 weeks
- Continue muscle endurance activities & begin isokinetics for rotator cuff
- Progress from modified neutral into abduction for cuff PRE's
- Aggressive scapula strengthening and eccentric strengthening program
- Begin plyometric training for overhead athletes

FULL RETURN TO SPORT PHASE: WEEKS 20-26

- Advance throwing / racquet program
- Continue with endurance activities. Maintain ROM / flexibility
- Begin to return to sports after clearance from the Surgeon