

Patient name:

Date of Surgery:

Surgery performed:

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General Ortho and Sports Medicine
South Bend Orthopaedics
Postoperative Arthroscopic Shoulder Stabilization
Rehabilitation Protocol

This is a general guideline. Certain patients may require extra attention to certain areas of their body or portions of the protocol. Always listen to your therapist; a protocol never replaces their good clinical judgement. Do not attempt to increase weight, perform a new exercise, or increase your range of motion without their direction.

1st POST-OP WEEK – Establish therapy within 3 days of surgery

1. Wound Check
2. Patient Education
 - **NO active internal rotation until 2 weeks post-op**
 - Full ROM to tolerance: **limit external rotation at 30° of abduction to 20° and flexion to 90°.**
 - Sling
 - Icing 3 times/day for 20 minutes each or vascutherm more frequently
3. Exercises
 - Closed chain Pendulums (Begin Day 1. Perform 4 times daily. 30 seconds per direction. 5 times per direction.)
 - o clockwise
 - o counterclockwise
 - o side-to-side
 - o front & back
 - PROM and AAROM exercises to tolerance within limitations of Flexion to 90° and External Rotation to 20° in 30° abduction
 - o flexion with rope & pulley and/or cane/bar (begin Day 3)
 - o internal rotation with rope & pulley and/or cane/bar (begin Day 3)
 - o **external rotation to 20° only**
 - Isometric exercises - submaximal (begin Day 3)
 - o flexion / extension
 - o abduction
 - o external rotations
 - o **No internal rotation**
 - AROM exercises at elbow and wrist
 - o elbow flexion / extension
 - o wrist flexion / extension and pronation / supination
4. Modalities - PRN

5. Ice

1 WEEK POST-OP

1. Wound inspection

2. Exercises

- PROM and AAROM exercises to tolerance
 - o **flexion to 90° (Day 7)**
 - o **external rotation limit to 20° in 30° of abduction**
- Pendulum (continue as previous)
- Isometric exercises (continue as previous)
- Progress resistive exercises to tolerance – frequency determined by PT
 - o bicep curls
 - o triceps / shoulder extensions
 - o wrist flexion / extension
 - o wrist pronation / supination
 - o gripping exercises
 - o shoulder shrugs
 - o prone scapular retraction

3. Grade I/II glenohumeral joint mobilization - as indicated

- **no anterior glides until 8 weeks post-op**

4. Modalities - PRN

5. Ice

2 WEEKS POST-OP – first postoperative visit with Dr within 10-14 days of surgery

1. Wound inspection, remove sutures

2. Exercises

- PROM and AAROM exercises to tolerance
 - o **flexion to 90°**
 - o **external rotation limit to 20° in 30° of abduction**
 - o begin Upper Body Ergometer forward / reverse
- Pendulum exercises with light weight
- Isometric exercises (continue as previous)
- Progressive resistive exercises
 - o continue as previous
 - o begin internal rotation with arm at side (initiating from neutral) using light TheraBand resistance
 - o begin supine serratus press no weight
 - o begin TheraBand row with scapular retraction
 - o begin scaption to 90°

3. Grade I/II glenohumeral joint mobilizations - as indicated

3 WEEKS POST-OP

- PROM and AAROM
- flexion to tolerance
- external rotation limit to 20° in 30° of abduction
- Progressive resistive exercises (continue as previous)

2. Grade I/II glenohumeral joint mobilization - as indicated

- no anterior glides until 8 weeks

3. Modalities - PRN
4. Ice

4 WEEKS POST-OP

1. Exercises
 - **Begin active range of motion**
 - permit full ROM to tolerance, except extreme abduction and external rotation
 - Progressive resistive exercises
 - begin external rotation with arm at side (avoid extreme external rotation) using theraband resistance
 - begin flexion using theraband resistance
 - BodyBlade
 - one-handed grip in neutral position
 - two-handed grip in front
 - opposite hand diagonal pattern
2. Grade I/II glenohumeral joint mobilization - as indicated
 - **no anterior glides until 8 weeks post-op**
3. Modalities - PRN
4. Ice

5 WEEKS POST-OP

1. Exercises
 - AROM
 - external rotation at 90° of abduction to tolerance
 - Progressive resistive exercises (continue as previous)
 - BodyBlade (continue as previous)
2. Grade I/II glenohumeral joint mobilization - as indicated
 - **no anterior glides until 8 weeks post-op**
3. Modalities - PRN
4. Ice

6 WEEKS POST-OP – 2nd postoperative visit

1. Discontinue sling
2. Exercises
 - AROM
 - Add Upper Body Ergometer standing off to the side clockwise and counterclockwise
 - **goal of full AROM 6-8 weeks post-op**
 - Progressive resistance exercises (continue as previous), adding:
 - internal and external rotation with dumbbells
 - deltoid and supraspinatus strengthening with dumbbells
 - diagonal strengthening using TheraBand
 - wall push-ups, hand in neutral position
3. Grade I/II glenohumeral joint mobilizations - as indicated
 - **no anterior glides until 8 weeks post-op**
4. Modalities - PRN
5. Ice

8 WEEKS POST-OP

1. Exercises

- AROM as tolerated, should have full AROM by 6-8 weeks post-op
- Progressive resistance exercises (continue as previous), adding:
 - o kneeling push-ups
- BodyBlade
 - o one-handed grip, abduction to 90°
 - o two-handed grip, flexion to 90°
- Plyoball
 - o circles, clockwise and counterclockwise, 1 minute each direction
 - o squares, clockwise and counter clockwise, 1 minute each direction

2. Grade I/II glenohumeral joint mobilization - as indicated

- **no anterior glides until 8 weeks post-op**

3. Modalities - PRN

4. Ice

10 WEEKS POST-OP

1. Exercises

- Progressive resistance exercises (continue as previous), adding:
 - o push-ups
 - o step-up push-up in quadruped position
 - o internal and external rotation exercises in 90°abduction/90°elbow flexion using TheraBand/tubing
- Plyoball diagonal patterns
- Fitter
 - o side-to-side
 - o front & back
- Stairmaster in quadruped (level 12-15)
- Treadmill in quadruped (1.0 mph)
- Progress resistances as tolerated by patient

2. Grade glenohumeral joint mobilization - as indicated

3. Modalities - PRN

4. Ice

12 WEEKS POST-OP – 3rd postoperative visit

1. Exercises

- Progressive resistive exercises (continue as previous), adding:
 - o push-up plus in push-up position
 - o step-up in push-up position
- BodyBlade diagonals - progress to single-leg stance
- **Begin sport specific activities once full motion, normal strength, and no dyskinesia**

2. Grade glenohumeral joint mobilization - as indicated

3. Modalities - PRN

4. Ice