

ARTHROSCOPIC ANTERIOR STABILIZATION

REHAB PROTOCOL | CATHERINE A. LOGAN, MD, MBA, MSPT
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RESTRICTIONS:

SLING:
6 weeks

ROM:
LIMITED
INITIALLY, BEGIN
FULL AROM AT 6
WEEKS

PRECAUTIONS:
NO BICEPS AROM X
2 WEEKS

QUICK TIPS

The use of ice and compression reduces need for narcotics post-op

Must achieve full PROM before beginning AROM

Must achieve full AROM before incorporating strengthening

ACTIVITIES OF DAILY LIVING

Only use uninvolved arm for eating/drinking, dressing, and showering for first 6 weeks

STAGE I, EARLY RECOVERY: WEEK 0 TO 6

GOAL

+ Protect surgical repair. Begin PT 3-5 days after surgery. PT 2 times per week.

RANGE OF MOTION

+ AROM - Cervical ROM, Elbow/wrist/hand ROM, Ball squeeze, Ankle pumps, Scapular retraction/depression, **week 3** start pendulums
+ PROM - Increases every 2 weeks: External rotation (30, 45, 60 deg), Forward elevation and scaption (120, 150, 160 deg), Abduction (90, 100, 140 deg), internal rotation (full)

THERAPEUTIC EXERCISE

+ **Week 3** begin isometrics: external/internal rotation and flexion/extension/abduction

OTHER

+ Keep incision and sutures dry
+ Ice, compression, and edema control
+ May use computer with supported arm

2-WEEK MD FOLLOW-UP @ DR. LOGAN'S CLINIC

STAGE II: WEEK 7 TO 12

GOAL

+ Begin active ROM, wean from sling, begin to use arm for ADLs

RANGE OF MOTION

+ PROM - continue ER, FE, ER. Begin IR from 45 deg of abduction
+ AAROM and isometrics - internal/external rotation and flexion/abduction
+ AROM - **week 8** begin bench press series, sidelying ER, salutes, prone row progression, open chain proprioception. **Week 9** begin modified military press, full can, prone Ys

LOW LOAD PROLONGED STRETCHES

+ **Week 8** begin towel internal rotation, cross arm stretch, sleeper stretch

RESISTANCE STRENGTHENING & PROPRIOCEPTION

+ **Week 9** begin external/internal rotation, double arm external rotation, full can, forward punch, rows, bicep curl, triceps extension, lat pulldown. **Week 10** begin initial closed chain stability, bear hugs, external rotation at 45 and 90 deg, rhythmic stabilization/ NM control

OTHER

+ May begin lifting up to 5lbs, may increase at **10 weeks**
+ May begin overhead activity

8-WEEK MD FOLLOW-UP @ DR. LOGAN'S CLINIC

FOLLOW UP:

2 weeks
8 weeks
3 months*
6 months*

RETURN TO SPORT:

functional painfree AROM, maximized strength, and proper scapulothoracic mechanics.

Exercise testing to be performed at Dr. Logan's office at 3 & 6 months

* Please wear athletic clothes and shoes for testing

HIGH LEVEL ACTIVITIES

Overhead and serving sports (tennis, volleyball), contact sports (football, hockey, lacrosse), and swimming will generally occur after 6 months and is dependent on exercise testing results

STAGE III: WEEK 13 TO 20

GOAL

+ Increase muscular strength. PT 1-2 times per week.

RANGE OF MOTION

+ PROM – continue as needed

+ AROM – bench press series, sidelying ER, salutes, prone row progression, open chain proprioception. Begin prone ER at 90 deg and prone lift off

LOW LOAD PROLONGED STRETCHES

+ Continue towel internal rotation, cross arm stretch, sleeper stretch.

+ Begin door jam series, TV watching stretch, and 90/90 ER stretch

RESISTANCE STRENGTHENING & PROPRIOCEPTION

+ Continue progression of external/internal rotation, double arm external rotation, full can, forward punch, rows, bicep curl, triceps extension, lat pulldown, initial closed chain stability, bear hugs, external rotation at 45 and 90 deg, rhythmic stabilization/ NM control.

+ Begin advanced closed chain stability, plyometrics, decelerations

3-MONTH MD FOLLOW-UP @ DR. LOGAN'S CLINIC WITH EXERCISES TESTING

STAGE IV: WEEK 21+

GOAL

+ Full return to preferred activities/sport. PT bi-weekly.

RANGE OF MOTION

+ PROM – as needed

+ Continue towel internal rotation, cross arm stretch, sleeper stretch.

+ Begin door jam series, TV watching stretch, and 90/90 ER stretch

RESISTANCE STRENGTHENING & PROPRIOCEPTION

+ Continue progression of external/internal rotation, double arm external rotation, full can, forward punch, rows, bicep curl, triceps extension, lat pulldown, initial closed chain stability, bear hugs, external rotation at 45 and 90 deg, rhythmic stabilization/ NM control, advanced closed chain stability, plyometrics, decelerations

OTHER

+ Return to sport testing

6-MONTH MD FOLLOW-UP @ DR. LOGAN'S CLINIC WITH EXERCISE TESTING