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Patient Name:

Date of Surgery:

ARTHROSCOPIC STABILIZATION: PHYSICAL THERAPY PRESCRIPTION

Phase I: 0-3 Weeks

- Sling at all times, even while sleeping
- Shower with arm at side (Teach hygiene, ADLs)
- NO Shoulder AROM
- Hand, wrist, elbow AROM/PROM (without weights)
- Ball squeezes

Phase II: 4-5 Weeks

- Continue Sling
- Shoulder isometrics at neutral
- Start PROM shoulder
 - Full flexion in plane of scapula
 - Full internal rotation
 - External rotation to 30 degrees at 20 degrees ABduction
 - External rotation to 20 degrees at 90 degrees ABduction
 - NO extension
- Pendulums

Phase III: 6-7 Weeks

- Discontinue Sling
- Progress PROM
 - ER to 50 degrees at 20 degrees ABduction
 - ER to 45 degrees at 90 degrees ABduction
 - Extension okay
- Start shoulder AROM
 - Progress to full in gravity rested positions
- Posterior capsule stretching
 - Cross-body ADDuction
 - Sleeper stretch
- Scapular mobility and isometrics

Phase III: 8-12 Weeks

- Continue PROM and Stretching
 - Normalize ER to other side
- Normalize AROM (against gravity)
- Joint Mobilizations (include all shoulder joints: GH, SC, ST, AC)
- Rotator cuff strengthening once motion normalized
- Neuromuscular education
 - Light PNF
 - Open chain kinesthetic awareness drills (ROM replication drills, etc)
 - Closed chain activity progression

Phase IV: 12-16 Weeks

- Continue stretching and rotator cuff strengthening
- Start light upper extremity weight lifting (low enough weight to perform 20-30 reps per set)
 - No military press
 - No behind-the-neck lat pulls
 - Avoid wide-grip bench press
- NO sudden or jerky movements
- Gradual return to work and recreational activities
 - No throwing, no overhead serves

Phase V: 16 weeks +

- Sports-specific drills (overhead okay)
- Throwing program

Criteria for return to sports:

- Surgeon clearance
- Normal, pain-free ROM
- Comparable strength to opposite side