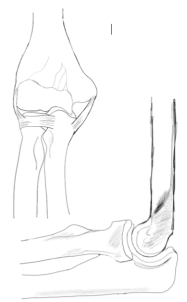


# MATTHEW J. DUBIEL M.D. SHOULDER AND ELBOW SURGERY



## ANTERIOR SHOULDER STABILIZATION

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-6 WEEKS	0-3 WEEKS: NONE 3-6 WEEKS: BEGIN PROM  LIMIT FLEXION TO 90°, EXTERNAL ROTATION TO 45°, EXTENSION TO 20°	0-2 WEEKS: IMMOBILIZED AT ALL TIMES DAY AND NIGHT  OFF FOR HYGIENE AND GENTLE EXERCISE ONLY  2-6 WEEKS: WORN DAYTIME ONLY	0-3 WEEKS: ELBOW/WRIST ROM, GRIP STRENGTHENING AT HOME ONLY  2-6 WEEKS: BEGIN PROM ACTIVITIES – CODMAN'S, POSTERIOR CAPSULE MOBILIZATIONS; AVOID STRETCH OF ANTERIOR CAPSULE AND EXTENSION; CLOSED CHAIN SCAPULA
PHASE II 6-12 WEEKS	BEGIN ACTIVE/ACTIVE ASSISTIVE ROM, PROM TO TOLERANCE  GOALS: FULL EXTENSION ROTATION, 135° FLEXION, 120° ABDUCTION	NONE	CONTINUE PHASE I WORK; BEGIN ACTIVE-ASSISTED EXERCISES, DELTOID/ROTATOR CUFF ISOMETRICS AT 8 WEEKS  BEGIN RESISTIVE EXERCISES FOR SCAPULAR STABILIZERS, BICEPS, TRICEPS AND ROTATOR CUFF  KEEP ALL STRENGTHENING BELOW HORIZONTAL PLANE
PHASE III 12-16 WEEKS	GRADUAL RETURN TO FULL AROM	NONE	ADVANCE ACTIVITIES IN PHASE II; EMPHASIZE EXTERNAL ROTATION AND LATISSIMUS ECCENTRICS, GLENOHUMERAL STABILIZATION  BEGIN MUSCLE ENDURANCE ACTIVITIES (UPPER BODY ERGOMETER)  CYCLING/RUNNING OKAY AT 12 WEEKS
PHASE IV 4-5 MONTHS**	FULL AND PAIN-FREE	NONE	AGGRESSIVE SCAPULAR STABILIZATION AND ECCENTRIC STRENGTHENING  BEGIN PLYOMETRIC AND THROWING/RACQUET PROGRAM, CONTINUE WITH ENDURANCE ACTIVITIES  MAINTAIN ROM AND FLEXIBILITY
PHASE V 5-7 MONTHS	FULL AND PAIN-FREE	NONE	PROGRESS PHASE IV ACTIVITIES, RETURN TO FULL ACTIVITY AS TOLERATED