



## Anterior Stabilization

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### STAGE 0 PRECAUTIONS:

- Patient immobilized in sling 4 weeks
- Keep ER less than 30° X 3 weeks (instruct patient to keep hand in front of body)
- Sling D/C'd by physician and rehab team, Sleep in sling 4 weeks
- Avoid overhead activities and extension.
- Avoid 90/90 (ER, Abduction, and Extension) position for 8 weeks post-op. Also, avoid anterior GH glides.
- Patient performing HEP: Pendulums, sub maximal isometrics in neutral position, elbow and wrist AROM, and cervical. ROM exercises.
- START PT PER PHYSICIAN {SEE SCRIPT} 2 week
  - Arthroscopic stabilization: AROM emphasized; avoid passive stretches

### STAGE 1 (WEEKS 0-2):

#### **\*\*AVOID 90/90 POSITION\*\***

- AROM emphasized
- AAROM
  - Flexion to 60°
  - Elevation in scapular plane to 60
  - ER <30°
  - Shoulder isometrics in all directions in neutral position (submax contraction)
  - Wrist PRE's
  - Scapular exercises (side lying scap facilitation-retraction, protraction, elevation and dep.)
  - Cryotherapy and modalities PRN

### STAGE 2 (WEEKS 2-4):

#### **\*\*AVOID 90/90 POSITION\*\***

- AROM emphasized, AAROM if needed (cane and pulley)

- Flex to 90°
- Abd. To 70-80°
- ER to 30°
- IR to 50°

### STAGE 3 (WEEKS 4-6):

#### **\*\*AVOID 90/90 POSITION\*\***

- AROM emphasized, AAROM if needed
  - Flex to 140°
  - Abd to 100°
  - ER to 45° ABD to 50-60° by week 6
- PROM: ONLY IF go0 of ELEVATION IS NOT MET ACTIVELY
- Initiate theraband
  - ER and IR at 0° ABD
- Sidelying cuff weight motions (no weight)
- ER and IR rhythmic stabilization at 45° ABD
- CKC (table wash)
- Cryotherapy and modalities for pain

### STAGE 4 (WEEKS 6-10):

#### **\*\*AVOID 90/90 POSITION\*\***

- AROM to tolerance, AAROM if needed
  - Flex to 160-170°
  - Abd to 125-140°
  - ER at go0 abd 60-70°
  - IR at go0 abd 60-70°
- PROM ONLY IF 125° of ELEVATION IS NOT MET ACTIVELY
- Increase sidelying isotonic
- Initiate prone clocks (avoid 3 o'clock for 10 weeks)
- CKC exercise
  - Table wash (diagonals)
  - Wall wash
  - 4 point
- Initiate UBE by week 6
- PNF initiated
- Cryotherapy PRN

**Criteria for Phase 4: Full ROM by week 10, improved strength and neuromuscular control)**

## STAGE 5 (WEEKS 10-14):

- AROM WNL
  - ER to 80-90° of ABD
- AAROM if needed
- Full can to 70°
- Continue prone clocks
- Rhythmic stabilizations ER and IR at 60-90° of ABD
- Neuromuscular exercise (body blade)
- Closed chain exercises
  - 3 point
  - Ball walkouts

## STAGE 6 (WEEKS 14-20):

- Progress to functional activities
- Manual PNF
- Endurance exercises
  - Wall dribble
  - Wall walk with t-band
- Progress dumbbell exercises
- Initiate return to sport 4-5 months

**Criteria for DC: ROM WNL as per functional demand and strength WNL as per functional demand**