

OPEN OR ARTHROSCOPIC ANTERIOR STABILIZATION

SHOULDER REHABILITATION

Dr. Bienz

SLING FOR 4 WEEKS, INCLUDING SLEEP.

DOS:

WEEKS 0-3

- ALL THREE WEEKS: Passive range of motion.
Pendulums to warm up.
- Week 1: Quiet in sling, remove for elbow AROM (at least 6x/day).
- Week 2: 90° elevation, 0° external rotation.
- Week 3: Full elevation, 0° external rotation, Full internal rotation.

WEEK 4 Begin Date:

- Pendulums to warm up.
- Active range of motion with terminal stretch
- Full elevation.
- Full internal rotation.
- External rotation to 20 degrees

WEEK 5 Begin Date:

- Start AROM for external rotation with passive assist, to full by 12 weeks.

WEEK 8 Begin Date:

- Resisted Internal Rotation.
- Theraband Strengthening begins in all planes

WEEKS 10-12 Begin Date:

- High rep, low resistance.
- Start light dumbbell exercises.
- Avoid anterior capsular stress, (e.g., no wide grip bench & no behind head lat. Pull downs or military press).