



## REHABILITATION GUIDELINES OPEN OR ARTHROSCOPIC ANTERIOR STABILIZATION

Sling for four weeks, including sleep

### WEEKS 0-3

DOS:

- ALL THREE WEEKS: Passive range of motion
  - o Pendulums to warm up
- Week 1: Remove sling for elbow AROM (at least 6X/day)
- Week 2: 90 deg elevation, 0 deg ER
- Week 3: Full elevation, 0 deg ER, full IR

### 4 WEEKS POST-OP

DATE:

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

### 5 WEEKS POST-OP

DATE:

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

### 8 WEEKS POST-OP

DATE:

- Resisted Internal Rotation.
- Theraband Strengthening begins in all planes 5 weeks post-op

### 10-12 WEEKS POST-OP

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).