



## Anterior Stabilization +/- Remplissage



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### Physical Therapy Prescription

\*\*\*Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121\*\*\*

Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Diagnosis:** R / L Anterior Stabilization +/- Remplissage

**Frequency:** 2-3 times per week for \_\_\_\_\_ weeks, Therapy to start 3-5 days after surgery

#### General Instructions:

- Therapy is to begin ~3-7 days after surgery.
- The patient should work with their therapist 1-3X per week until released by the surgeon.
- Do not add or skip any part of this program. If you have concerns please contact my office.
- Goals: The 2 main goals of this physical therapy program are to:
  - Have full active and passive range of motion by 4-6 months after surgery
  - Return to sport by 18-24 weeks after surgery

#### Sling Wear:

- Patients must wear their sling **at all times** for the first 6 weeks after surgery, this does include while they are sleeping. Patients may only remove the sling to bathe/shower, change clothing, and perform therapy/rehab exercises.

#### Ice:

- The use of ice or ice machine is encouraged to help control pain and inflammation after surgery.

#### Questions/Concerns:

- Therapists – if you have questions or concerns, please contact me directly or my office.

#### PROTOCOL

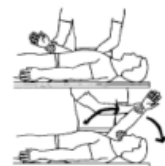
All time points are based on time since surgery:

##### 0-2 Weeks

- Wrist and Elbow ROM Only

##### 2 Weeks

- Passive/active assist forward elevation (FE) to 90 degrees
- Passive/active assist external rotation (ER) to neutral with arm at the side
- Gentle Isometrics (no ER/IR)
- **Scapula stabilization protraction/retraction (with arm in sling until 6 weeks post-op)**



Signature: \_\_\_\_\_

Date:

Stephen G. Thon, MD

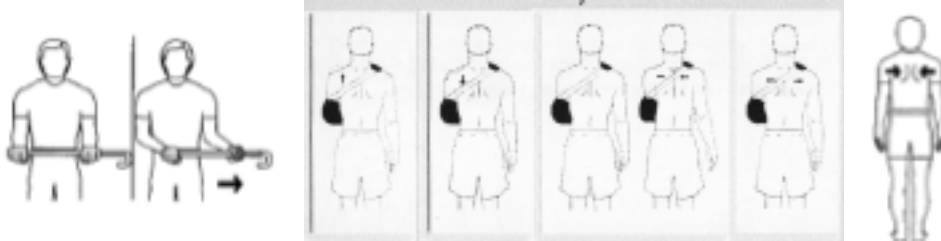
[www.AdvancedOrtho.org](http://www.AdvancedOrtho.org)

Phone: (303) 344-9090

Fax: (720) 895-1121

#### 4 Weeks

- Passive/active assist forward elevation (FE) to 120 degrees
- Passive/active assist external rotation (ER) to 20 degrees with arm at the side
- Passive/active assist Abduction to 90 degrees
- **Scapula stabilization protraction/retraction (with arm in sling until 6 weeks post-op)**
- No combined Abduction and ER! (Avoid ABER position)



#### 6 Weeks

- May discontinue sling usage, unless in crowd, or on slippery surfaces
- Unlimited passive/active assist in FE
  - Still expect some stiffness, especially in ER/IR
- May perform active motion in all planes as tolerated
- Posterior glides OK (no anterior)
- Resisted isometrics (no IR)
- **Scapula stabilization protraction/retraction (with arm in sling until 6 weeks post-op)**

#### 8 Weeks

- Continue to progress with active motion
- May slowly progress to resisted exercise with therabands
- Continue to focus on scapular retraction during exercises



#### 12-16 Weeks

- May begin sport specific exercises

#### 18-24 Weeks

- Return to play with approval of surgeon
  - Usually 18-24 (may be longer)
  - Contact athletes: usually 24 weeks (may be longer)

