



Rehabilitation Protocol Anterior Instability Repair

General Instructions:

- Therapy is to begin 1 week 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 3-6 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. Email is best for non-urgent issues: ***

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)**



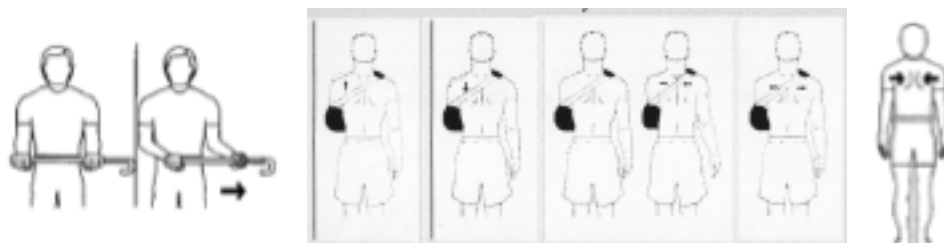
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4 Weeks

- 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 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)

