

Ascension Borgess Orthopedics & Sports Medicine

Postop Rehabilitation

Arthroscopic Anterior Stabilization

Phase I (0-6 weeks)

Range of Motion: Limit FF 90°, ER 45°, Extension 20°, Abduction 45°, ABER 45°

Sling: Off for home exercises and hygiene.

Exercises: Elbow/wrist ROM. Table-slides 4x/d x 10min. Closed chain scapula.

Restrictions: No lifting heavier than a coffee cup. No stretching.

Phase II (6-12 weeks)

Range of Motion: Begin active/active assisted ROM as tolerated. Avoid stretching.

Sling: None

Exercises: Deltoid/rotator cuff isometrics. Scapular stabilization. Rotator cuff strengthening, biceps, triceps.

Restrictions: No aggressive stretching. No extended arm lifting. Keep strengthening exercises below horizontal plane.

Phase III (3-5 months)

Range of Motion: Gradual return to full AROM.

Sling: None

Exercises: Advance strengthening as tolerated. Begin sport-specific exercises. Cycling/running as tolerated.

Phase IV (5-8 months)

Range of Motion: Full and pain-free

Sling: None

Exercises: Scapular stabilization, eccentric strengthening, and perturbation. Plyometric and throwing/racquet program. Continue endurance. Return to full activity as tolerated.

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