



ANTERIOR STABILIZATION PROTOCOL

(For arthroscopic Bankart repairs, open subscapularis repairs, or conservatively treated instability)

Indicated for all Arthroscopic repairs unless MD specifies otherwise

Wear immobilizer for 4 wks. Open Subscap rep.wear 6 wks. May remove for showering if wound is healed, perform pendulums to clean the armpit. The crucial issue in ant. repairs are ER. Must be regained by approx.6 months, if initially tight should be stretched, if initially loose should be limited.

- 2) ROM in ALL phases to be specified by MD, do not exceed until specified at follow-up visit.
 FREQUENCY (all phases): 2-3 sets/day at 10-15 reps/set

Phase I	Postop day 1 – Week 4 (open subscap repair wear Immobilizer 6 wks)	Immobilizer at all times except showering (if wound is healed)
AROM:	Hand, wrist, forearm All motions Elbow, gentle oscillation	Elbow flex/ext with fingertips against body, Shoulder-Pendulums for Hygiene purpose only.
Phase II	week 5 – week 10 (open subscap-repair 7-10 weeks)	Discharge immobilizer 4-6wks s/p Surgery, per MD
AROM:	Hand and elbow Shoulder	All planes as tolerated Scaption 20 degrees* IR to L5 (*as tolerated by patient) ER 20 degr. ER should be performed with shld. At 30 of flexion and 30 of abduction (scapular plane) Isometrics/Dynamic stability exercises with shoulder in scapular plane, to pain tolerance.
RROM:	Shoulder	
Phase III Wk 11- Wk 16		Resistive exercises can start if cleared by MD at 10- week appointment
AROM:	Hand and elbow Shoulder	All planes as tolerated As above but increase ER to 30 degrees if OK. Focus on scapular rotators and establishing/restoring proper scapulohumeral rhythm.
RROM:	Shoulder	
Phase IV	17 weeks to 6 months	Return to activity if cleared by MD
AROM:	Hand, elbow, shoulder	Full ROM in all planes, ER degrees to be evaluated by MD
RROM:	Hand, elbow, shoulder	Start theraband/tubing for all joints in all planes. Progress as tolerated.
Phase V	6 months to 1 year	Evaluate ER, maintenance exercises
AROM:	Hand, elbow, shoulder	As above with stress on ER ROM
RROM:	Hand, elbow, shoulder	Start 1-2 lbs. weights in all planes, progress as tolerated

A core exercise program should be established to strengthen the muscles, which support the shoulder. Examples are as follow:

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|---------------------------|---|
| Anterior deltoid | Shoulder forward flex |
| Supraspinatus | Shoulder elevation in scapular plane |
| Infraspinatus/teres minor | Prone abduction with ER |
| Pec. Major/Lat. Dorsi | Seated press-ups (short sitting) |
| Serratus Ant | Wall push-ups with extra push after full elbow ext. |
| Traps/levator/rhomboids | Horizontal rowing |

Phase VI 1 year appointment Evaluate ER AROM/RROM: Continue Core exercises