



[www.orthony.com](http://www.orthony.com)

121 Everett Road

Albany, NY 12205

518-453-9088

Adam G. Suslak, MD

[adam.suslak@gmail.com](mailto:adam.suslak@gmail.com)

## **Post-Operative Rehabilitation Guidelines for Shoulder Anterior Stabilization**

### **Weeks 0-3:**

- Abduction Sling at all times
- Grip strengthening
- Elbow/ wrist ROM only, no resisted elbow flexion

### **Weeks 3-6:**

- Restrict to FF 90°/ER to 45°/ Extension to 20°
- Begin PROM- Codman's, posterior capsule mobilizations
- Avoid anterior capsule stretching and extension
- Heat before treatment, ice after treatment per therapist's discretion
- D/C sling 5-6 weeks

### **Weeks 6-12:**

- Begin active/active assistive ROM, PROM to tolerance
- Advance strengthening as tolerated at 8 weeks: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Closed chain exercises
- Goals: full extension rotation, 135°flexion, 120°abduction

### **Months 3-12:**

- Advance to full ROM as tolerated
- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
- Begin running and cycling at 12 weeks
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing at 4 1/2 months
- MMI is usually at 12 months post-op