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Patient Name:

Date:

Date of Surgery:

Shoulder Rehabilitation:
Arthroscopic Anterior Stabilization

PHASE I (0-4 WEEKS POST-OP) :

- Elevation (In Scapular Plane) to _____ deg, External Rotation to _____ deg
- Elbow Active/Active-Assisted ROM : Flexion and Extension
- Protect Anterior Capsule from stretch. Horizontal ABD to Scapular plane
- Deltoid isometrics
- Hand, Wrist, Gripping exercises
- Modalities, Cryocuff / Ice, prn

PHASE II (4-6 WEEKS POST-OP) :

- At 4-6 weeks Passive ROM : pulley for Flexion, Pendulum exercises
- Pool exercises: Active/Active-Assisted ROM Flexion, Extension, Horizontal ADD,
 - Elbow Flexion and Extension
- Deltoid isometrics
- Lightly resisted Elbow Flexion
- Continue with Wrist exercises
- Modalities as needed
- Discontinue sling @ 4-6 weeks

PHASE III (6-12 WEEKS POST-OP) :

- At 6-10 weeks, gradual Active/Active-Assisted/Passive ROM to improve ER with arm at side
- Progress Flexion to 160 degrees
- At 10-12 weeks, gradual Active/Active-Assisted/Passive ROM to improve ER with arm in 45 degrees ABD
- Pool exercises: Active ROM in all directions below Horizontal, light resisted motions in all planes
- AROM activities to restore Flexion, IR Horizontal ADD
- Deltoid, Rotator Cuff isometrics progressing to isotonic
- PRE's for Scapular muscles, Latissimus, Biceps, and Triceps
- PRE's working Rotators in isolation (use modified neutral)
- Joint mobilization (posterior glides)
- Emphasize posterior cuff, Latissimus, and Scapular muscle strengthening, stressing eccentrics
- Incorporate rhythmic Scapular stabilization exercises with goal to improve Scapular control
- Utilize exercise arcs that protect anterior capsule from stress during PRE's
- KEEP ALL STRENGTH EXERCISES BELOW THE HORIZONTAL PLANE IN THIS PHASE

PHASE IV (12-16 WEEKS POST-OP) :

- Active ROM activities to restore full ROM
- Restore scapulohumeral rhythm , Incorporate rhythmic stabilization exercises
- Joint mobilization
- Aggressive scapular stabilization and eccentric strengthening program
- PRE's for all upper quarter musculature (begin to integrate upper extremity patterns)
 - Continue to emphasize eccentrics and glenohumeral stabilization
 - All PRE's are below the horizontal plane for non-throwers
- Begin isokinetics
- Begin muscle endurance activities (UBE)
- Continue with agility exercises
- Advanced functional exercises
- Isokinetic test
- Functional test assessment
- Full return to sporting activities

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD