

**Gregory Galano, MD**  
www.gregorygalanomd.com  
phone: 212-737-3301  
fax: 212-734-0407  
license #: 241830

**Patient Name:**

**Date:**

**Date of Surgery:**

**Shoulder Rehabilitation:  
Arthroscopic Anterior Stabilization**

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

- Elevation (In Scapular Plane) to 130 deg, External Rotation to 30 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

PT 2x/week x 4 weeks

Please send progress notes.

**Physician's Signature:** \_\_\_\_\_  
**Gregory Galano, MD**