



DR. HENNIGAN

ANTERIOR SHOULDER STABILIZATION

TKP 09/28/2020

0-2 WEEKS POSTOP (no formal therapy):

GOALS:

- To protect the repair
- Patient to be compliant with prescribed activity modification, precautions, and home exercise program to allow for proper healing of repaired tissue.
- Promote healing and wound closure without infection.

SLING:

- Shoulder immobilizer with pillow worn continuously, except for hygiene

EXERCISES:

- Initiate elbow, forearm, wrist ROM, grip strengthening allowed

PRECAUTIONS:

- **No shoulder ROM**

2-6 WEEKS POSTOP:

SLING:

- Shoulder immobilizer with pillow worn continuously, except for hygiene and exercises. May discontinue at 6 weeks.

EXERCISES:

- Initiate PROM and AAROM
 - 2 weeks: Flexion to 90, ER to neutral with arm at side
 - 4-6 weeks: Flexion to 120, ER to 20, abduction to 90
- Initiate isometrics to RTC but **NOT** for ER or IR
 - Week 4: isometrics to scapular stabilizers while in sling

PRECAUTIONS:

- **No combined abduction and ER**
- **No IR or ER isometrics**

6-12 WEEKS POSTOP:

SLING:

- May discontinue at 6 weeks.

EXERCISES:

- Progress PROM to full range
- Begin AROM in all planes
- Isometrics in all directions
- Clear for joint mobilization (no anterior glides)
- Clear for isotonic strengthening at 8 weeks

PRECAUTIONS:

- **Respect pain, no anterior stress**

12+ WEEKS POSTOP: No restrictions, progress as tolerated