

ANTERIOR SHOULDER **INSTABILITY REPAIR**

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Instructions for the therapist. The MOON Shoulder Group is a collection of shoulder experts who study the best methods to treat patients after surgery for shoulder instability. This patient is part of a group being closely followed to determine which patients have the best and worst outcomes after surgery. Begin therapy **2 weeks after surgery** and work with the patient **1–3× per week** until released by the surgeon. **Do not add or skip any part of this program** — if you have concerns, contact the surgeon.

THERAPY BEGINS
2 WEEKS

1–3× per week

SLING
6 WEEKS

At all times, incl. sleep

DRIVING & ADLS
6 WEEKS

No weight

FULL ROM
3 MONTHS

Active and passive

RETURN TO SPORT
18–24 WEEKS

With physician approval

PROGRAM GOALS

1. Full active and passive range of motion by **3 months** after surgery.
2. Return to sport by **18–24 weeks** after surgery.

WOUND CARE

- ◆ Showering: **48 hours**
- ◆ **DO NOT** get into a bathtub, pool or spa until sutures are removed and the wound is completely healed, to lower the chance of skin infection
- ◆ Always wash your hands before touching the wound
- ◆ **DO NOT** use any anti-bacterial creams on the wound

ACTIVITY

- ◆ Deskwork: when comfortable with the sling
- ◆ Driving: **6 weeks**
- ◆ Using the arm for activities of daily living, no weight: **6 weeks**
- ◆ Reaching overhead: **12 weeks**
- ◆ Reaching behind the back: **12 weeks**
- ◆ Carrying objects: **12 weeks**
- ◆ Pushing / pulling: **12 weeks**
- ◆ Sport / heavy activity: when finished with the therapy program

SLING USAGE

- ◆ Wear the sling **at all times** for 6 weeks, except when showering or bathing — **including while sleeping**
- ◆ A sling with a small pillow is worn for six weeks after surgery. It may be taken off for showering and therapy only, and should be worn in any uncontrolled setting: sleeping, around children, pets and crowds.

ICE / CRYO CUFF

- ◆ Use ice or the cryo cuff to help control pain and inflammation after surgery

QUESTIONS

- ◆ If you have questions or concerns, contact your surgeon

0–2 WEEKS
IMMOBILIZE

- ◆ Wrist and elbow ROM only

2 WEEKS
BEGIN THERAPY

- ◆ Passive and active-assistive forward flexion to 90°
- ◆ Passive / active external rotation to neutral with the arm at the side
- ◆ Gentle isometrics (no IR or ER)



PROUD MEDICAL TEAM FOR

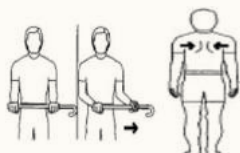




4 WEEKS

PROGRESS ROM

- ♦ Passive and active-assistive forward flexion to 120°
- ♦ Passive and active-assistive abduction to 90°
- ♦ Passive and active-assistive external rotation to 20° with the arm at the side
- ♦ **No combined abduction and internal rotation**
- ♦ Scapular protraction / retraction (with the arm in the sling until 6 weeks post-op)



6 WEEKS

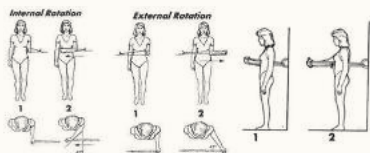
SLING OFF

- ♦ May discontinue sling use, unless in a crowd or on a slippery surface
- ♦ Unlimited passive and active-assistive forward flexion
- ♦ May begin active motion in all planes
- ♦ Posterior glides are acceptable if needed, but **no anterior glides**
- ♦ Resisted isometrics (no ER / IR)
- ♦ Scapular stabilizers — elevation / depression / retraction / protraction

8 WEEKS

BAND RESISTANCE

- ♦ Continue progressing other active motions
- ♦ Progress to resistive exercises with elastic band resistance, limiting motion to approximately **45°**, 3 sets of 10 repetitions, using yellow or red (stay light until 12 weeks)
- ♦ Internal rotation / external rotation / flexion
- ♦ Shrugs
- ♦ **Avoid extension and abduction until 12 weeks** to minimize stress on the anterior capsule



12 WEEKS

ADD LOAD

- ♦ Progress to the next level of resistance (green, blue, black) once the patient performs all repetitions reporting only moderate challenge
- ♦ Increase the range of motion of resistive exercises as long as it is pain-free and does not create substitution patterns
- ♦ Body-weight exercise: wall → incline → knee → standard push-up progression as tolerated, 3 sets of 10 repetitions
- ♦ Progress resistive exercise to weight resistance starting at 5 lbs, progressing to approximately 15 lbs
- ♦ May begin sport-specific exercise

18-24 WEEKS

RETURN TO PLAY

- ♦ Return to play sports with the approval of the physician

Adapted from the MOON Shoulder Group Anterior Instability Postoperative Rehabilitation Protocol (Multicenter Orthopaedic Outcomes Network). Illustrations are from the original protocol.

PROUD MEDICAL TEAM FOR

