

## Anterior Instability Postoperative Rehabilitation Protocol

## Instructions for Therapist

The MOON Shoulder Group is a collection of shoulder experts who study the best methods to treat patients after surgery for shoulder instability. Your patient is part of a group of patients being closely followed in order to determine which patients have the best and worst outcomes after surgery.

The patient is to begin therapy 2 weeks after surgery

The patient should work with therapist 1-3x per week until released by surgeon

## Do not add or skip any part of this program. If you have concerns please contact your surgeon.

General	Showering: 48 Hours
Instructions	J J J J J J J J J J J J J J J J J J J
Instructions	<ul> <li>DO NOT get into a bathtub, pool or spa until your sutures are removed</li> </ul>
	and your wound is completely healed to lower the chance of skin
	infection. Always wash your hands before touching your wound. DO
	NOT use any anti-bacterial creams on your wound.
	<ul> <li>Deskwork: When comfortable with sling</li> </ul>
	Driving: 6 weeks
	<ul> <li>Using arm for Activities of Daily Living (no weight): 6 weeks</li> </ul>
	<ul> <li>Using arm to reach overhead: 12 weeks</li> </ul>
	<ul> <li>Using arm to reach behind back: 12 weeks</li> </ul>
	<ul> <li>Using arm to carry objects: 12 weeks</li> </ul>
	Pushing/Pulling: 12 weeks
	<ul> <li>Sport/Heavy Activity: When finished with therapy program</li> </ul>
Goals	The two main goals of this physical therapy program are to:
	1. Have full active and passive renge of motion by 2 months ofter aurgeny
	1. Have full active and passive range of motion by 3 months after surgery
<u></u>	2. Return to sport by 18-24 weeks after surgery
Sling Usage	<ul> <li>Patients must wear their sling at all times, except when</li> </ul>
	showering/bathing for 6 weeks. This includes while they are sleeping.
	<ul> <li>A sling with a small pillow is to be worn for six weeks after surgery.</li> </ul>
	The sling may be taken off for showering and therapy only. The sling
	should be worn when in an uncontrolled setting: sleeping, around
	children, pets, and crowds during these six weeks.
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Ice/ Cryo Cuff	We encourage the use of the ice or the cryo cuff to help control pain and inflammation after surgery.
Questions/ Concerns	If you have questions or concerns, please contact your surgeon.

## All time points based on time since surgery.

0-2 weeks	Wrist and Elbow ROM only
2 weeks	<ul> <li>Passive and Active assistive forward flexion to 90°</li> </ul>
	<ul> <li>Passive/active external rotation to neutral with arm at side</li> <li>Gentle isometric (no IR or ER)</li> </ul>
4 weeks	Passive and Active assistive forward flexion to 120°
	<ul> <li>Passive and Active assistive abduction to 90°</li> </ul>
	Passive and Active assistive external rotation to 20° with arm at side
	No combined Abduction and Internal Rotation
	<ul> <li>Scapular protraction / retraction (with arm in sling until 6 weeks post- op)</li> </ul>



6 weeks	<ul> <li>May discontinue sling usage, unless in a crowd or on slippery surface</li> <li>Unlimited Passive and Active assistive forward flexion</li> <li>May begin active motion in all planes</li> <li>Posterior glides ok if needed, but no anterior glides permitted</li> <li>Resisted Isometrics (no ER/IR)</li> <li>Scapular stabilizers – Elevation / Depression / Retraction / Protraction</li> </ul>
8 weeks	<ul> <li>Continue progressing other active motions</li> <li>Progress to resistive exercises with elastic band resistance limiting motion to approximately <u>45°</u> 3 sets of 10 repetitions using yellow or red (stay light until 12 weeks)</li> <li>Internal / External Rotation / Flexion</li> <li>Shrugs</li> <li>Avoid extension and abduction until 12 weeks to minimize stress on the anterior capsule</li> </ul>
	Internal Rotation La constraint of the second restation 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2
12 weeks	<ul> <li>Progress to next level of resistance (Green, Blue, Black) once patient performs all repetitions with reporting only moderately challenging</li> <li>Increase range of motion of resistive exercises as long a pain free and does not create substitution patterns</li> <li>Body weight exercise Wall → Incline → Knee → Standard Push-up progression as tolerated <i>3 set of 10 repetitions</i></li> <li>Progress resistive exercise to weight resistance starting at 5 lbs progressing to approximately 15 lbs</li> <li>May begin sport specific exercise</li> </ul>
18-24 weeks	Return to play sports with approval of physician