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## **Shoulder Arthroscopy: Anterior Instability Repair Protocol**

### **0-4 weeks post op**

- Arm in sling/immobilizer for 4 weeks, removing for exercises
- Modalities as needed
- Pendulum exercises
- PROM with ATC or PT, no shoulder pulleys  
    **Flexion to 90°, Abduction to 90°, Internal Rotation to 30° in scapular plane,  
    External Rotation to 0°, And Extension to neutral**
- Isometric strengthening and ROM of the hand, wrist, and elbow

### **4 weeks post op → begin formal physical therapy**

- Discontinue sling/immobilizer
- No IR or ER resistance exercises
- Periscapular isometrics
- PROM with shoulder pulleys  
    **Flexion to 120°, Extension to 30°, Abduction to 120°, Internal Rotation to 60° in  
    plane of scapula, And External Rotation 0°**
- Progress from AAROM to AROM:
  - Quality movement only; **avoid forcing** active motion with substitution patterns.
  - Remember the effects of gravity on the limb, do gravity-eliminated motions first ie. Supine flexion.
- Deltoid isometrics.
- Lightly resisted **elbow** flexion

### **6 weeks post op**

- **Advance ROM to 80% of normal except for ER (limit to 30°)**
- Begin standing isotonic RC exercises with arm in neutral, below 90°
- Continue periscapular isometrics
- Joint mobilization (posterior glides)

### **10 weeks post op**

- Full A/PROM in all directions (EXCEPT ABDUCTION/EXTERNAL ROTATION) with normal ratio of movement between GH joint and SC joint
  - Do not crank on ER
- Advance Rotator cuff strengthening to 8-10lbs on all motions
- Advance proprioception ex's as tolerated

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**Shoulder Arthroscopy:  
Anterior Instability Repair Protocol (page 2)**

**12 weeks post op**

- Add Eccentric ex's to posterior cuff with T-band in standing simulating follow through in throwing or sidelying ER
- Full ROM isokinetics
- May begin conventional weight lifting using machines and progressing to free weights if desired as tolerated

**16 weeks post op**

- Begin light tennis ball tossing at 20-30ft. max at 60% velocity, work on mechanics of wind up, early cocking phase, late cocking phase, acceleration, and follow through

**16-24 weeks post op**

- Throwers must pass strength test to begin throwing
- Retest monthly till strength test passed
- Continue with maintenance strengthening

**Return to Sport/Activity**

- When cleared by physician
- Pass strength test
- Throwers complete throwing program
- No pain with all desired level of activities
- 4-6 months