

Anterior Shoulder Stabilization Rehab

Weeks 0-3:

- Passive Range of Motion / Active Range of Motion elbow / wrist / hand
- Normalize scapular position, mobility and stability.
- Sling at all times between exercises
- Pendular exercises only

Weeks 3-6:

- Begin to wean sling as directed by surgeon
- Active Assisted Range of Motion
- External Rotation to neutral only

Weeks 6-8:

- Progress to Active Range of Motion
- External Rotation limited to 20 degrees
- Isometrics

Weeks 9-12:

- Active Range of Motion with terminal stretch
- Progress External Rotation beyond 20 degrees
- Strengthening as appropriate

Weeks 12+:

- Return to physical work with External Rotation awareness
- Begin light throwing activities as External Rotation improves

4-6 months:

- Return to sport and physical contact