



**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

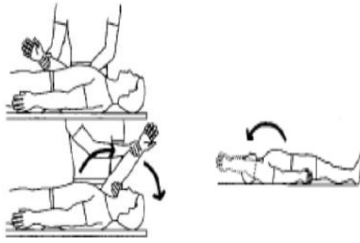
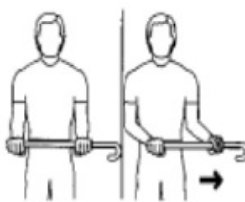
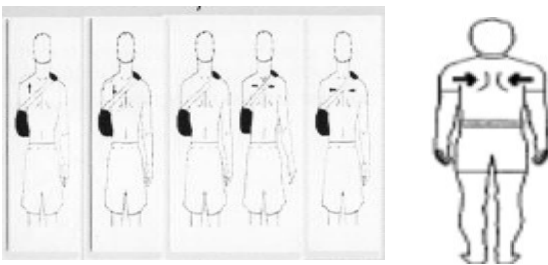
**Do not add or skip any part of this program. If you have concerns please contact your surgeon.**

General Instructions	<ul style="list-style-type: none"> <li>• Showering: 48 Hours</li> <li>• DO NOT get into a bathtub, pool or spa until your sutures are removed 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.</li> <li>• Deskwork: When comfortable with sling</li> <li>• Driving: 6 weeks</li> <li>• Using arm for Activities of Daily Living (no weight): 6 weeks</li> <li>• Using arm to reach overhead: 12 weeks</li> <li>• Using arm to reach behind back: 12 weeks</li> <li>• Using arm to carry objects: 12 weeks</li> <li>• Pushing/Pulling: 12 weeks</li> <li>• Sport/Heavy Activity: When finished with therapy program</li> </ul>
Goals	<p>The two main goals of this physical therapy program are to:</p> <ol style="list-style-type: none"> <li>1. Have full active and passive range of motion by 3 months after surgery</li> <li>2. Return to sport by 18-24 weeks after surgery</li> </ol>
Sling Usage	<ul style="list-style-type: none"> <li>• Patients must wear their sling at all times, except when showering/bathing for 6 weeks. This includes while they are sleeping.</li> <li>• A sling with a small pillow is to be worn for six weeks after surgery. 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.</li> </ul>

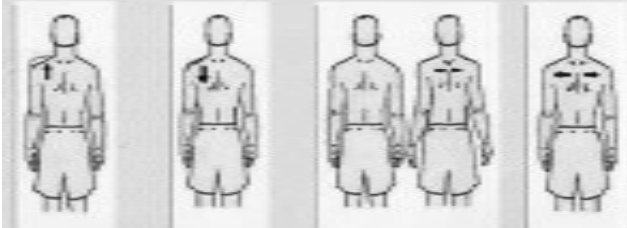
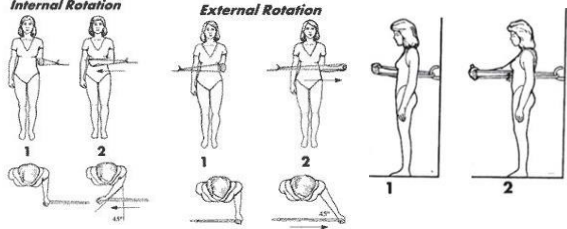


Ice/ Cryo Cuff	We encourage the use of the ice or the cryo cuff to help control pain and inflammation after surgery.
Questions/ Concerns	If you have questions or concerns, please contact your surgeon.

**All time points based on time since surgery.**

0-2 weeks	Wrist and Elbow ROM only
2 weeks	<ul style="list-style-type: none"> <li>Passive and Active assistive forward flexion to 90°</li> </ul>  <ul style="list-style-type: none"> <li>Passive/active external rotation to neutral with arm at side</li> <li>Gentle isometric (no IR or ER)</li> </ul>
4 weeks	<ul style="list-style-type: none"> <li>Passive and Active assistive forward flexion to 120°</li> <li>Passive and Active assistive abduction to 90°</li> <li>Passive and Active assistive external rotation to 20° with arm at side</li> </ul>  <ul style="list-style-type: none"> <li>No combined Abduction and Internal Rotation</li> <li>Scapular protraction / retraction (with arm in sling until 6 weeks post-op)</li> </ul> 



6 weeks	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>• Continue progressing other active motions</li> <li>• Progress to resistive exercises with elastic band resistance limiting motion to approximately <b>45°</b> 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> 
12 weeks	<ul style="list-style-type: none"> <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 3 set of 10 repetitions</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	<ul style="list-style-type: none"> <li>• Return to play sports with approval of physician</li> </ul>