



Mid-America Orthopedics

Ryan W. Livermore, M.D.

1923 N. Webb Rd, Wichita, KS 67206 – (316) 630-9300

PHYSICAL THERAPY PRESCRIPTION:
SHOULDER ARTHROSCOPY WITH ANTERIOR INSTABILITY REPAIR

Weeks 1-3: Phase I

Sling Immobilizer: At all times (with waist strap) when not doing exercises

Exercises: Passive forward flexion (FF) in scapular plane to 90 degrees
Passive external rotation (ER) and extension to neutral
Elbow/wrist active range of motion
Scapular isometrics
Pain-free submaximal deltoid isometrics
Modalities as needed

Advancement Criteria: ER to neutral / FF to 90/ minimal pain or inflammation

Weeks 3-6: Phase II

Sling Immobilizer: At all times (with waist strap) when not exercising

Exercises: Active Assisted FF in scapular plane to 120: wand exercises, pulleys
Active Assisted ER to 45 degrees: wand exercises
Manual scapula side-lying exercises
Internal/ external rotation isometrics in modified neutral (submaximal, pain-free)
Modalities as needed

Advancement Criteria: Minimal pain and inflammation

ER to 45/ FF to 120
IR/ ER strength 4/5

Weeks 6-12: Phase III

Exercises: Active assisted FF in scapular plane to tolerance
Active assisted ER to tolerance
Begin active assisted ROM for internal rotation
Progress scapular strengthening – include closed chain exercises
Begin isotonic IR/ER strengthening in modified neutral (pain free)
Begin latissimus strengthening (progress as tolerated)
Begin humeral head stabilization exercises (if adequate strength and ROM)
Begin upper extremity flexibility exercises

Isokinetic training and testing

Modalities as needed

Advancement Criteria: Normal scapulohumeral rhythm

Minimal pain and inflammation

IR/ER strength 5/5

Full upper extremity ROM

Isokinetic IR strength 85% of unaffected side

Weeks 12-18: Phase IV

Exercises:

Progress to full functional ROM

Advance IR/ER strengthening to 90/90 position if required

Continue full upper extremity strengthening program

Continue upper extremity flexibility exercises

Isokinetic strengthening and testing

Activity-specific plyometrics program

Address trunk and lower extremity demands

Begin sport or activity-related program

Discharge Criteria: Pain-free sport or activity-specific program

Isokinetic IR/ER strength equal to unaffected side

Independent home exercise program