ADVANCED ORTHOPAEDIC ASSOCIATES, P.A.

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PHYSICAL THERAPY: SHOULDER STABILIZATION

EARLY POST OP (0-2 weeks)

GOALS:
Pain and swelling control
Begin passive motion program

EXERCISES/RESTRICTIONS:
Rest, ice to affected shoulder
Continue sling at all times except for bathing
Passive forward flexion to 90 degrees
Passive external rotation to 0 degrees
Scapula isokinetics
Pendulum exercises
No active elevation of arm
No lifting of objects with arm

PHASE I (2-6 weeks)

GOALS:
Healing of repair
Restoration of passive ROM

EXERCISES/RESTRICTIONS:
Sling at all times except bathing
Passive forward flexion to 120, ER to 0
Scapula isokinetics
Pendulum exercises
No active elevation of arm
No lifting of objects with arm

PHASE II (6-12 weeks)

GOALS:
Full ROM

EXERCISES/RESTRICTIONS:
Discontinue sling
Modalities for pain control

Passive/Active ROM
Biceps/Triceps strengthening
Scapular stabilization program
Rotator cuff strengthening program when FF > 90 and abduction >90
Avoid abduction/ER
Teach home program

PHASE III (12-18 weeks)

GOALS:
Full ROM
Strength to 90% compared to other side
Beginning rotator cuff strengthening program

EXERCISES/RESTRICTIONS:
Continue with aggressive PT
Modalities for pain control
Passive/Active ROM
Biceps/Triceps strengthening
Scapular stabilization program
Rotator cuff program with weights
Teach home program

PHASE IV (>18 weeks)

GOALS:
Return to sport

EXERCISES/RESTRICTIONS:
Advance to sport specific activities