

## **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 exercises

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