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**Board Certified Orthopedic Surgeon
SPORTS and Shoulder Surgeon**



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ANTERIOR SHOULDER

STABILIZATION

POSTOPERATIVE REHABILITATION

GENERAL GUIDELINES

Stage I (0 to 3 weeks for open repair)

(0-4 weeks for arthroscopic repair)

- A. Shoulder sling placed in OR. May remove for dressing and hygiene. Wear shoulder sling for 3 weeks for open repair; 4 weeks for arthroscopic repair. May remove sling for tabletop activities within pain tolerance such as eating, brushing teeth, writing and occasional keyboard use. May also remove for exercises, showering and dressing.
- B. Exercises: Pendulum exercises, Elbow ROM
Tennis ball for grip
Co-contraction of biceps/triceps at 0, 30, 60, 90 and 120 degrees

ROM GOALS

Weeks	FF	ER
4-6	130°	30°
6-8	160°	45°
8-10	Full	Full

* Prefer 5° less than normal side.

NO STRETCHING UNLESS YOU CONFIRM WITH DR. MILIA

Stage II (4-12 weeks)

A. Start physical therapy at 4 weeks post-op
isometric RTC exercises
Scapular stabilization exercise

At 6 weeks post-op:

B. ROM

1. AROM/PROM for all shoulder motions
Except no ER past 20 degrees until 6 weeks post-op.
Full ER by 12 weeks. Progress as tolerated.
1. IR/ER exercises at 5 weeks post-op against gravity - no isometrics
1. Home Program: Overhead pulleys if needed
Wand exercises

A. Strengthening Exercises

1. Isometric Exercises - Start at 4 weeks post-op per isometric exercise sheet
no
IR or adduction until 6 weeks post-op
- Pain-free only
Reps: 7-10 x 10 seconds each - progress to 30 x 10 second each
2. Isotonic Exercises - Start at 6 weeks post-op
- Start against gravity only - progress as tolerated to:
 1. 2 oz. (butter knife)
 2. 4 oz. (tuna can)
 3. 8 oz. (soup can)
 4. 1# weight
 5. 2# weight, etc.

GOAL: Thrower/Pitcher: 5-8% of body weights times 50 reps.
General Rehab Candidate: 1-3% of body weight times 25

reps

1. Scapular stabilization exercises as tolerated

Stage III (3-6 months)

A. Overhead lifting/traction as tolerated at 4 months

B. Calisthenic Exercise

6. No pull-ups until 4 months post-op
7. Throwing Activity - start at 4 months post-op. Follow function progression per IAM program. Progress as tolerated
8. Return to sport at 4 months post-op if PT goals have been met
9. No Dips until 4 months
10. Full return to throwing a 6-8 months