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Arthroscopic Anterior Stabilization Rehab Protocol

	Range of Motion	Immobilizer/Sling	Exercises
Phase I 0-6 weeks	0-3 weeks: None 3-6 weeks: begin PROM Limit 90° flexion, ER 45°, extension 20°	0-4 weeks: Immobilized at all times day and night. Off for hygiene and gentle exercise only 4-6 weeks: Worn daytime only	0-3 weeks: elbow/wrist ROM, grip strengthening at home only 2-6 weeks: begin PROM activities – Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; closed chain scapula
Phase II 6-12 weeks	Begin active/active assistive ROM, PROM to tolerance Goals: Full ER, 135° flexion, 120° abduction	None	Begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff*
Phase III 12-16 weeks	Gradual return to full AROM	None	Emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Cycling/running okay at 12 weeks
Phase IV 4-5 months**	Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening Begin plyometric and throwing/racquet program, continue with endurance activities
Phase V 5-7 months	Full and pain-free	None	Return to full activity as tolerated

*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II

**Limited return to sports activities