

**ANTERIOR SHOULDER STABILIZATION
REHABILITATION PROTOCOL FOR MR SAITHNA'S PATIENTS**

LABEL:

DATE OF SURGERY: _____

0-4 Weeks:

Pendulum exercises only + elbow/hand/wrist, No ER > Neutral
Sling when not performing pendulums

4-6 Weeks:

Stage I – Active Assisted ROM
No ER > 30°
Wear sling

6-8 Weeks:

Stage II – Active ROM
No ER > 45°

8-12 Weeks:

Stage III – Strengthening (therabands)
Progress to full ER by 12 weeks

12 Weeks:

May begin weight training/gym
- avoid wide grip bench press/dips
- back of hands visible when strengthening
Progressive return to physical work/job

5-6 months:

Return to contact sports if progressing well