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## Physical Therapy Prescription – Anterior Shoulder Stabilization

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** R / L anterior shoulder stabilization

**Date of Surgery:** \_\_\_\_\_

**Frequency:** 2-3 times per week for \_\_\_\_\_ weeks, **beginning 2 weeks after surgery**

**WEEKS 0 – 2:** Period of protection → no therapy for the first 2 weeks

- **Sling with pillow:** Must wear at all times except for hygiene
- **Range of Motion:** No shoulder ROM allowed; elbow/wrist motion ONLY

**THERAPY Phase I (Weeks 2 – 6 after surgery):**

- **Sling with abduction pillow:** Continue for a total of 6 weeks
- **Range of Motion:**
  - Weeks 2-4: PROM and AAROM including FF to 90° and ER to neutral with arm at side
  - Weeks 4-6: PROM and AAROM including FF to 120°, ER to 20° with arm at side, ABD to 90°
  - **NO combined ABD-ER**
- **Exercises:** begin gentle isometrics at week 2; but no ER/IR
  - Weeks 4-6: begin scapular stabilizers (protraction, retraction) with arm in sling
  - **NO combined ABD-ER**
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**THERAPY Phase II (Weeks 6 – 12 after surgery):**

- **Sling:** Discontinue (unless in crowd or in slippery environment)
- **Range of Motion:** increase FF as tolerated, begin AROM in all planes
  - Week 8+: progress motion as tolerated
- **Exercises:** continue Phase I; begin resisted isometrics (no IR); posterior glides are okay (no anterior glides)
  - Week 8+: slowly progress to resisted exercises with therabands
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**THERAPY Phase III (Weeks 12 – 24 after surgery):**

- **Range of Motion:** Full
- **Exercises:** continue Phase II, advance as tolerated
- Consider return to sport at 18-24 weeks pending surgeon approval

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_