

ORTHOPEDIC SURGERY & SPORTS MEDICINE

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ANTERIOR SHOULDER RECONSTRUCTION POST-OPERATIVE REHABILITATION GUIDELINES

0-2 WEEKS

Gentle Codman or pendulum exercises as tolerated. AROM exercises for the elbow, wrist, and hand as tolerated. Initiate submaximal g-h isometrics. An accelerator muscle stimulator may be used to help prevent muscle atrophy. Sling and swathe are worn at all times, except for exercise. Ice to be applied 3-4 times daily.

2-4 WEEKS

Continue all previous exercises. Initiate PROM exercises including shoulder flexion and abduction to 90 degrees. External rotation is limited to neutral. The sling and swathe are generally discontinued by the end of the 4th week. May perform scapular exercises to include shoulder retraction/protraction, elevation/depression, and upward/downward rotation.

4-8 WEEKS

Continue PROM/AAROM/AROM exercises as tolerated. Passive stretching with gentle joint mobilization may be performed, working toward achieving full flexion and abduction by the end of 8 weeks. Begin working external rotation to approximately 25 degrees by 4-6 weeks and to 35-45 degrees by 8 weeks. May Begin shoulder strengthening emphasizing light weight/high repetitions initially. Rotator cuff strengthening is initiated.