

Postoperative Arthroscopic Shoulder Stabilization Protocol

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First 7-10 days

- 1) Change dressing on second day after surgery and replace with dry dressing or band-aids. Leave tape/steri-strips on the skin and do not remove unless they fall off on their own.
- 2) Keep wound/dressings dry. No showers for 7 days and no baths for three weeks.
- 3) Keep sling on at all times except when dressing or sponge bathing. May remove sling couple of times each day to stretch elbow and wrist.
- 4) Use ice pack/cryocuff at least 3 times each day for 15 minutes each time to reduce swelling and pain
- 7) Pain medication and muscle relaxant will be prescribed. Do not use anti-inflammatory medication like Advil (ibuprofen), Aleve(naproxen) for 6 weeks after surgery.

First 4 weeks

- 1) Use sling at all times especially when sleeping at night.
- 2) May remove sling daily as needed to shower or stretch elbow and wrist.
- 3) No range of motion of the shoulder.

4 weeks to 3 months

- 1) Stop using the sling
- 2) Restore motion gradually by 10-12 weeks
- 3) Forward flexion followed by abduction followed by IR then ER
- 4) PT goals:
 - a) Active and passive forward flexion to 140 by 2 months, full by 3 months
 - b) Active and passive abduction to 70 by 2 months, 100 (full GH arc) by 3 months
 - c) Active and passive ER at 0 to 30 by 2 months, 10 less than contralateral by 3 months
 - d) Active and passive IR at 0 and 90 half of contralateral by 2 months, symmetric at 3 months
 - e) Active and passive ER at 90 to 45 at 2 months, 90 at 3 months

3 months to 6 months

- 1) Fine tune ROM
- 2) Start strengthening
- 3) PT goals
 - Complete correction of ROM deficits
 - Rotator cuff and scapular stabilizer strengthening
- 4) No incline or military press until at least 6 months post surgery. May start bench press with bar at least 8 inches off of chest at 4 months.
- 5) Interval throwing program may start at 4-6 months.

Additional instructions:

Driving:

No driving while in sling for first four weeks
If right arm, may drive at six weeks if no pain
If left arm, may drive at 4-5 weeks if no pain

Work:

May return to sedentary work when no longer using pain medicine
No heavy labor for 4-6 months

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Frequency of PT:

For weeks 0-4: no PT

For weeks 4-12 (16 to 24 visits): supervised 2-3 x/wk depending on stiffness and ability to achieve goals.

Perform exercises on your own 3-5x/wk.

For months 3-4 (4 visits): supervised 1x/wk. Perform exercise on your own 3-5x/wk

For months 4-6: maximum of 1x/wk. Perform exercises on your own 3-5x/wk.