

Anterior Shoulder Reconstruction Dr. Hultman

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> -Removal of dressings, change if needed. -Cryotherapy and education in signs of infection -HEP: Hand/elbow/wrist ROM, light scapular retraction, pendulums 	<ul style="list-style-type: none"> -Independent with conservative management, HEP, and cryotherapy -Pain management
Phase I 0-4 weeks	<ul style="list-style-type: none"> -PT 1-2x/week dictated by ROM -Slingshot for 4 weeks, remove pillow to sling weeks 4-6 -Isometrics for HEP at 3 weeks -PROM flexion, scaption, abduction weeks 1-3 <li style="padding-left: 20px;">-Long axis rotations at 3 weeks 	<ul style="list-style-type: none"> -Promote tissue healing -Avoid ER to stress anterior capsule -Avoid adhesive capsulitis -PROM to pain tolerance -Light rotator cuff activation
Phase II 4-6 weeks	<ul style="list-style-type: none"> -PT 2x/week -PROM in all directions beginning at 4 weeks (slow with ER) -May begin AAROM exercises at 4 weeks -HEP for AAROM exercises dictated by ROM deficits 	<ul style="list-style-type: none"> -Nearing full PROM by 6 weeks -Progressing slowly with rotations to pain tolerance
Phase III 6-12 weeks	<ul style="list-style-type: none"> -PT 2-3x/week -D/C sling at 6 weeks -Educate in AROM and PREs at 6-8 weeks -Avoid scapular substitution -Progress to full PROM in all directions -May start light resistive exercises at 8-10 weeks based on ROM 	<ul style="list-style-type: none"> -Full passive and active ROM in all planes -Strength 4/5 in all planes -Advance with proprioceptive exercises to aid in ADLs -Full ER by 8-10 weeks per tolerance
Phase IV 12 weeks – 6 months	<ul style="list-style-type: none"> -PT 1-2x/week as needed -Advance with strength/proprioception/endurance as tolerated -Progress to work/sport specific activities -Transition to home/gym program as able -Return to throwing/dynamic activities once approved by surgeon 	<ul style="list-style-type: none"> -Full return to normal function -Strength 5/5 in all planes -Returning to work/sport