

Dr. Mark McCarthy

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Patient _____
 D.O.S. _____

Arthroscopic Anterior Stabilization

	0-3 WEEKS Begins on DOS	3-6 WEEKS	6-12 WEEKS	12-16 WEEKS	WEEK 16+	
FLEXION	NONE	PROM to 90	Begin AAROM and AROM, progress as tolerated			
ABDUCTION	NONE	PROM to 90	Begin AAROM and AROM, progress as tolerated			
EXTENSION	NONE	PROM to 20	Begin AAROM and AROM, progress as tolerated			
ER	NONE	PROM to 45	Begin AAROM and AROM, progress as tolerated			
IR	NONE	PROM	Begin AAROM and AROM, progress as tolerated			
IMMOB/SLING	All times 0-2 weeks	Worn daytime only	Wean			
P.T. visits/week	0	2-3	2-3	1-3	1-3	
EXERCISES	AROM (cervical, elbow, wrist, hand)					
	Passive Pendulums	Posterior capsule joint mobilizations				
Any questions, please contact : Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060	<ul style="list-style-type: none"> PT visits/week may vary Individual exercise progression may vary Return to sport/work by MD only. 	Scapular retraction/Depression	Begin resistive exercises for scapular stabilizers			
		Closed Chain Scapula	Deltoid/rotator cuff isometrics @ 8 weeks, progress to deltoid/cuff resistive exercises			
		<ul style="list-style-type: none"> Avoid stretch of anterior capsule 	UBE			
			<ul style="list-style-type: none"> Strengthening below horizontal plane only 	Emphasize ER and latissimus eccentrics, glenohumoral stabilization.		
				Begin muscle endurance activities		
			<ul style="list-style-type: none"> Protect the anterior capsule 	Cycling/Running @ 12 weeks		
Aggressive scapular stabilization and eccentric strengthening						
			Begin plyometrics			