

Anterior Stabilization
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Orthopedic Group**
SURGICAL SPECIALISTS & PHYSICAL THERAPY

Weeks 0-4:

Precautions: In sling for 4 weeks at all times (except for hygiene and ROM exercise)
After week 4: wean out of sling

Range of Motion:

Flexion/Elevation:

Full Passive Flexion, Abduction, and Internal Rotation

External Rotation:

30 degrees (@45 deg) – Week 5

45 degrees (@45 deg) - Week 6

45-60 degrees (@60-90 deg of Abduction) – Week 7

Home Exercise Program:

Wrist and Hand AROM

Overhead Pulleys, table slides, pendulums

Week 2: submaximal isometrics in neutral

Week 2: cane AAROM per tolerance and ROM guidelines

Week 2-3: scapular stabilization (start sidelying progress to prone)

Weeks 4-12:

Range of Motion:

Progress to full (by 8 weeks), aggressively if necessary

External Rotation: full ROM @ 90 deg of Abduction by week 9

Home Exercise Program:

Continue AAROM/Pulley as needed

Rhythmic Stabilization: body blade, closed chain progression

Total Arm strengthening

Plyometrics: weighted toss

Progressive rotator cuff and scapular strengthening

Biceps activation and strengthening at week 6

UBC and other aerobic conditioning as tolerated

Prone I's, Y's, T's

Months 3-6:

Range of Motion:

Full and Equal Bilaterally

Strengthening:

Aggressive strengthening: PRE's and TAS program

Thrower's 10 strengthening program

Overhead functional lifting

Eccentric control and high speed repetitions

Weight room activities as tolerated

Months 6+:

Strengthening:

Throwing Progression Program

Return to Sport per Physicians' orders