

MOON Shoulder Instability

Anterior Stabilization Therapy Protocol



**MOON SHOULDER
GROUP**

Instructions for the Therapist

The MOON Shoulder Group is a collection of shoulder experts who study the best methods to treat patients after surgery for shoulder instability. Your patient is part of a group of patients being closely followed in order to determine which patients have the best and worst outcomes after surgery.

- The patient is to begin therapy 2 weeks after surgery
- The patient should work with the therapist 1-3x per week until released by the surgeon

Do not add or skip any part of this program. If you have concerns, please contact your surgeon.

Goals: The two main goals of this physical therapy program are to:

- (1) Have full active and passive range of motion by 3 months after surgery and
- (2) Return to sport by 18-24 weeks after surgery

Sling Usage: Patients must wear their sling **at all times**, except when showering/bathing for 6 weeks. This does include while they are sleeping.

Ice/Cryo Cuff: We encourage the use of the ice or the cryo cuff to help control pain and inflammation after surgery.

Questions/Concerns: If you have questions or concerns, please contact the patient's physician. Questions or concerns regarding the rehabilitation protocol may be sent to the MOON Shoulder Group research hub, listed on the back of this book.

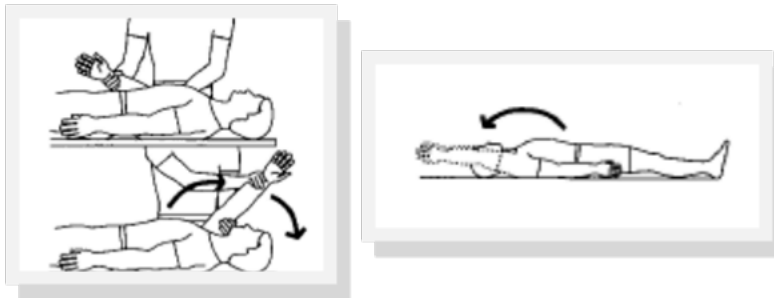
Timeline

All time points based on time since surgery

0-2 weeks—

Wrist and Elbow ROM only

2 weeks—

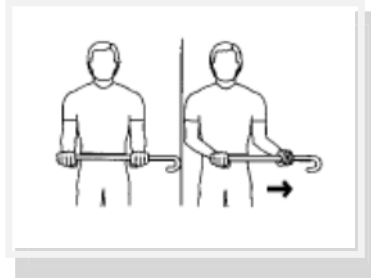


- Passive/ active assist forward flexion (FF) to 90 degrees
- Passive/ active assist external rotation (ER) to neutral with arm at side
- Gentle isometrics (no ER/IR)

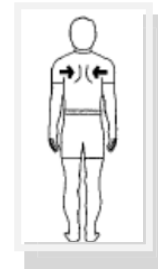
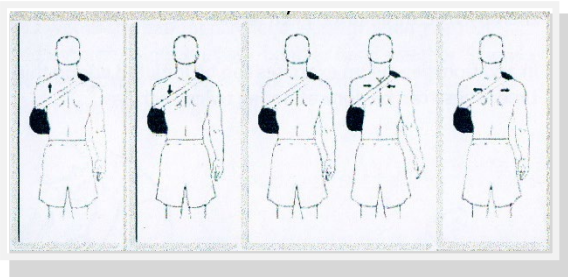
Timeline (cont'd)

4 weeks—

- Passive/active assist FF to 120
- Passive/active assist ER to 20 degrees with arm at side



- Passive/active assist Abduction to 90
- Scapula protraction/retraction (with arm in sling until 6 weeks post-op)



- No combined Abduction and ER!

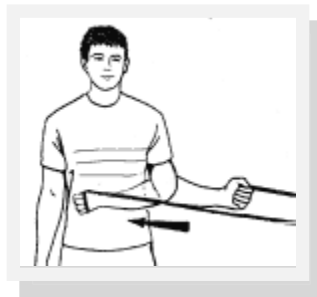
6 weeks—

- May discontinue sling usage, unless they are in a crowd, or on slippery surfaces.
- Unlimited Passive/active assist in FF
- May begin active motion in all planes
- Posterior glides OK (no anterior)
- Resisted isometrics (no IR)

Timeline (cont'd)

8 weeks—

- Continue to progress with active motion
- May slowly progress to resisted exercise with therabands



12 weeks—

- May begin sports specific exercises



18-24 weeks—

- Return to play with approval of physician