

## **Anterior Instability Protocol (post op anterior reconstruction)**

### **Phase I: (0-2 weeks)**

#### Goals:

Protect surgery  
Decrease pain and inflammation  
Initiate safe ROM while protecting anterior capsule  
Patient education

#### Plan:

PROM limited to 90° of flexion and abduction  
Elbow and wrist ROM  
Modalities PRN  
Pendulum and scapular activities  
Light isometric activity  
Light resisted activity to wrist

### **Phase II (4-6 weeks)**

#### Goals:

Decrease pain and inflammation  
Achieve 60-80% of full ROM of flexion, extension and IR.  
\*\*\*\*\*This DOES NOT include abduction/ER\*\*\*\*\*

#### Plan:

Begin increasing forward elevation (flexion in scapular plane) beyond 90°  
Joint mobilization: avoid aggressive mobs/avoid inferior and anterior;  
external rotation directions  
AAROM  
Aquatic Therapy  
Gentle rotator cuff strengthening (ER to neutral)  
\*\*Check with physician on rotation limitations\*\*

### **Phase III (8-16 weeks)**

#### Goals:

Near full ROM: EXCEPT ABDUCTION/EXTERNAL ROTATION  
Good scapulo-humeral rhythm  
80-90% normal strength

#### Plan:

PROM (full range; ER near full-range):  
\*\*NO FORCE IN ABDUCTION/EXTERNAL ROTATION  
Joint mobilization  
Progressive rotator cuff strengthening  
Begin machine weighted exercise  
Gentle PNF, eccentric cuff strengthening  
Biodex training if requested by M.D.