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**Arthroscopic Anterior Stabilization With
Remplissage PT Protocol.**

Phase I (Weeks 0-6)

Sling: immobilization at all times except for showering

Therapeutic Exercise:

Elbow/Wrist/Hand Range of Motion

Grip Strengthening

Phase II (Weeks 7-12)

Sling: Discontinue immobilization

Range of Motion: Slowly Increase Forward Flexion, Internal/External Rotation as tolerated

Therapeutic Exercise:

Continue with Elbow/Wrist/Hand Range of Motion and Grip Strengthening

Begin Prone Extensions and Scapular Stabilizing Exercises (traps/rhomboids/levator scapula)

Gentle joint mobilization

Modalities per PT discretion

Phase III (Months 3-6)

Range of Motion: Progress to full AROM without discomfort

Therapeutic Exercise:

Advance TheraBand exercises to light weights (1-5 lbs)

8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers

Continue and progress with Phase II exercises

Begin UE ergometer

**Modalities per PT discretion

Phase IV (Months 6+)

Range of Motion: Full without discomfort

Therapeutic Exercise: Advance exercises in Phase III (strengthening 3x per week)

Sport/Work specific rehabilitation

**Return to throwing at 4.5 months

**Return to sports at 6-8 months if approved