



Physical Therapy Protocol – Anterior Shoulder Stabilization, MOON Protocol

Diagnosis: R / L Anterior Shoulder Stabilization

Date of Surgery: _____

Frequency: 2-3 Times Per Week for ____ weeks

0-2 Weeks: *period of protection, no therapy*

- **Sling with pillow:** at all times except for hygiene
- **Range of Motion:** no shoulder ROM allowed; elbow/wrist motion ONLY

2-6 Weeks:

- **Sling with Abduction Pillow:** continue for a total of 6 weeks, may discontinue at 3 weeks during sleep
- **Range of Motion:**
 - o **Weeks 2-4:** PROM and AAROM including FF to 90 degrees and ER to neutral with arm at side
 - o **Weeks 4-6:** PROM and AAROM including FF to 120 degrees, ER to 20 degrees with arm at side, Abduction to 90 degrees
- **Therapeutic Exercises:**
 - o **Weeks 2-4:** begin gently isometrics, **no external or internal rotation, avoid stretch of anterior capsule and extension**
 - o **Weeks 4-6:** begin scapular stabilization (protraction, retraction) with arm in sling, **NO combined Abd-ER, avoid stretch of anterior capsule and extension**
- **Modalities:** per therapist including E-stem, dry needling, ultrasound, heat before therapy and ice after

6-16 Weeks:

- **Sling:** discontinue unless in crowd or slippery environment
- **Range of Motion:** increase forward flexion as tolerated and begin AROM in all planes, may progress in all planes as tolerated week 8 onward
- **Therapeutic Exercises:**
 - o continue above, begin resisted isometrics (no IR); posterior glides are okay (**no anterior glides**), slowly progress to resisted exercises with TheraBand's at week 8
 - o Cycling/running ok at 12 weeks, begin upper body muscle endurance activities at week 12
- **Modalities:** per therapist including E-stem, dry needling, ultrasound, heat before therapy and ice after

4-6 Months:

- **Range of Motion:** full
- **Therapeutic Exercises:** advance above as tolerated, aggressive scapular stabilization and eccentric strengthening, begin plyometric and throwing/racquet program, maintain ROM and flexibility discuss return to sport at 5 months per MD approval