

# MOON SHOULDER GROUP

For information regarding the MOON Shoulder Instability study,  
speak to your surgeon or contact:

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# MOON Shoulder Instability

## Anterior Stabilization Therapy Protocol



# MOON SHOULDER GROUP



UI Sports Medicine

University of Iowa  
Hospitals and Clinics

UCSF Medical Center  
Orthopaedic Institute

Washington  
University in St. Louis

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INSTITUTE

UNIVERSITY OF MICHIGAN  
ORTHOPAEDIC SURGERY

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SURGERY



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Center

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UNIVERSITY OF PENNSYLVANIA

**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.**

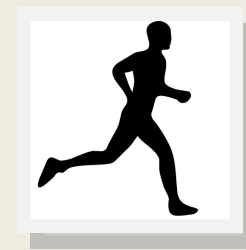
**8 weeks**—

- 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

### **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)

**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.

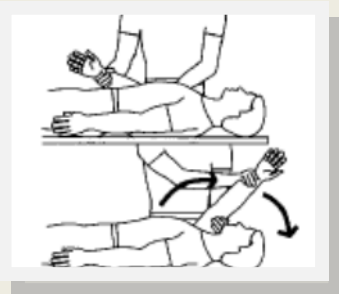
**Questions/Concerns:** If you have questions or concerns, please contact the patient's physician. Questions or concerns regarding the rehabilitation protocol may be sent to the MOON Shoulder Group research hub, listed on the back of this book.

**All time points based on time since surgery**

**0-2 weeks**—

Wrist and Elbow ROM only

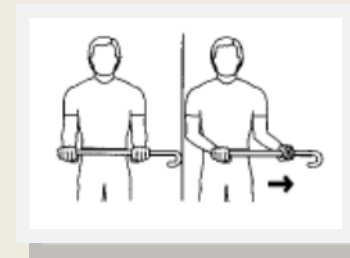
**2 weeks**—



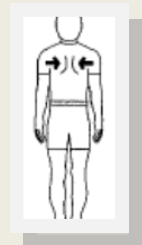
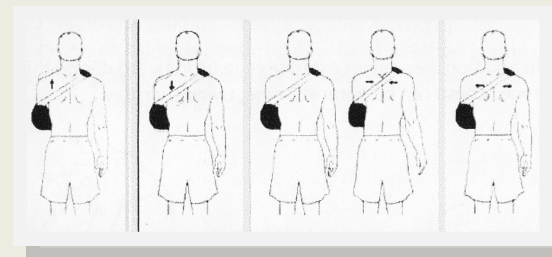
- Passive/ active assist forward flexion (FF) to 90 degrees
- Passive/ active assist external rotation (ER) to neutral with arm at side
- Gentle isometrics (no ER/IR)

**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!