

Criteria for Return to Play After Shoulder Stabilization Surgery

Shoulder Instability Return to Sport after Injury (SIRSI) score: _____

Test	Operative Shoulder	Nonoperative Shoulder	Score	Passing Score	Pass	Fail
IR peak torque at 60°/sec*			Ratio:	Ratio > .9	<input type="checkbox"/>	<input type="checkbox"/>
IR peak torque at 180°/sec**			Ratio:	Ratio > .9	<input type="checkbox"/>	<input type="checkbox"/>
ER peak torque at 60°/sec***			Ratio:	Ratio > .9	<input type="checkbox"/>	<input type="checkbox"/>
ER peak torque at 180°/sec****			Ratio:	Ratio > .9	<input type="checkbox"/>	<input type="checkbox"/>
ERET at 0° abduction			Ratio:	Ratio > .9	<input type="checkbox"/>	<input type="checkbox"/>
ERET at 90° abduction			Ratio:	Ratio > .9	<input type="checkbox"/>	<input type="checkbox"/>
CKCUES test			Touches:	21+ touches	<input type="checkbox"/>	<input type="checkbox"/>
Unilateral Seated Shot Put (USS) test			Ratio:	Ratio > .9	<input type="checkbox"/>	<input type="checkbox"/>

*May be replaced with peak isometric strength at 0° abduction using a handheld dynamometer

**May be replaced with peak isometric strength at 90° abduction using a handheld dynamometer

***May be replaced with peak isometric strength at 0° abduction using a handheld dynamometer

****May be replaced with peak isometric strength at 90° abduction using a handheld dynamometer

ERET – External Rotation Endurance Test

CKCUES - Closed Kinetic Chain Upper Extremity Stability

- Clearance testing should take place between 4.5 and 6 months following surgery
- SIRSI score above 55 is consistent with psychological readiness to return to sport
- Clearance to return to play following initial testing requires passage of all tasks
- If athlete fails 1 singular task, they continue physical therapy for 4 weeks with an emphasis on the weakness/deficit identified by the failed task and then may return to sport without retesting
- If the athlete fails 2+ tasks, they continue therapy for 6 weeks and then re-test

Criteria based on:

1. Drummond Junior M, Popchak A, Wilson K, Kane G, Lin A. Criteria-based return-to-sport testing is associated with lower recurrence rates following arthroscopic Bankart repair. *J Shoulder Elbow Surg.* 2021;30(7S):S14-S20.
2. Gerometta A, Klouche S, Herman S, Lefevre N, Bohu Y. The Shoulder Instability-Return to Sport after Injury (SIRSI): a valid and reproducible scale to quantify psychological readiness to return to sport after traumatic shoulder instability. *Knee Surgery, Sports Traumatology, Arthroscopy.* 2018;26(1):1795.
3. Pasqualini I, Rossi LA, Hurley ET, Turan O, Tanoira I, Ranalletta M. Shoulder Instability-Return to Sports After Injury Scale Shows That Lack of Psychological Readiness Predicts Outcomes and Recurrence Following Surgical Stabilization. *Arthroscopy.* 2024;40(12):2815-2824.
4. Wilson KW, Popchak A, Li RT, Kane G, Lin A. Return to sport testing at 6 months after arthroscopic shoulder stabilization reveals residual strength and functional deficits. *Journal of Shoulder and Elbow Surgery.* 2020;29(7):S107-S114.