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ARTHROSCOPIC ANTERIOR SHOULDER STABILISATION/ANTERIOR REPAIR

	Post op
Day 1-6 Weeks	• Sling 6 weeks • Active assisted and closed chain exercises within <i>safe zone</i> • Proprioception and scapula setting • Neck, elbow, wrist & hand exercises • Avoid combined abduction & external rotation • Do not force or stretch
6-8 Weeks	• Wean off sling 6 weeks • Stretches, gently progressing from <i>safe zone</i> • Strengthening within <i>safe zone</i>
8 Weeks +	• Progress range of movement and resistance • Address any posterior capsule tightness • Open & closed chain proprioception exercises • Can commence combined abduction and external rotation

Milestones	
Week 8	Active range of movement at least 75% of normal
Week 12	Full range of movement, with only minor loss of combined abduction and external rotation

Sling –

Return to Functional Activities

Driving	6-8 weeks
Swimming	Breaststroke - 8 weeks Freestyle - 3 months
Golf	3 months
Contact Sport	4-6 months
Lifting	Light - 6 weeks Heavy - 3 months
Work	Sedentary - As able Manual - 3 months

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEE