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ARTHROSCOPIC POSTERIOR STABILISATION

	Post op
Day 1-3 Weeks	• ER brace, wean to normal sling 2-3 weeks (sling 4-6 weeks) • Proprioception, scapula setting, axillary hygiene • Passive and active assisted with in <i>safe zone</i> • Avoid combined flexion and internal rotation
3-6 Weeks	• Progress range of movement – no forced stretching • Begin light resistance and strengthening
6 Weeks +	• Progressing full range of movement • Increased resistance and strengthening • Safe to begin combined flexion and internal rotation

Milestones	
Week 6	Active range of movement at least 75% of normal
Week 12	Full active range of movement

Sling – Donjoy ER Brace

Return to Functional Activities

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

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS