

## Shoulder Stabilisation

Arthroscopic Shoulder Stabilisation surgery is performed for:  
Recurrent shoulder instability.

### Milestones

<b>Time after surgery</b>	<b>What you can expect from your shoulder</b>
Week 6	Active elevation to pre-surgery level
Week 12	Minimum 80% range of external rotation compared to asymptomatic side Normal movement patterns throughout range

### Return to functional activities

<b>Activity</b>	<b>When you can expect to be able to do the activity</b>
Return to work	Sedentary job: as tolerated Manual job: 3 months
Driving	6-8 weeks
Swimming	Breaststroke: 6 weeks Freestyle: 12 weeks
Lifting	Avoid lifting heavy items for 3 months, after then, as guided by your strength
Golf	3 months
Contact/High Impact Sports	3 months e.g. Rugby League, AFL, Martial Arts, Racket Sports, Surfing

## Before Surgery

Pre-operative rehabilitation is advisable.

## Rehabilitation Protocol

Some of the physiotherapy terms may be unfamiliar to you now. They will become clear as you work with your physiotherapist.

Time after surgery	Physiotherapy/Support
Day 1 to 3 weeks	<p><b>During the first three weeks you can expect to:</b></p> <ul style="list-style-type: none"> <li>• wear a sling (athletes can wean off sooner under guidance of club therapist)</li> <li>• learn axillary hygiene</li> <li>• learn postural awareness and scapular setting</li> </ul> <p><b>Be taught to perform the following:</b></p> <ul style="list-style-type: none"> <li>• core stability exercises (as appropriate)</li> <li>• proprioceptive exercises (minimal weight bearing below 90 degrees)</li> <li>• active assisted flexion (as comfortable)</li> <li>• active assisted external rotation (as comfortable)</li> <li>• do not force or stretch your shoulder</li> </ul>
3 to 6 weeks	<p><b>During the next 3 weeks, you can expect to:</b></p> <ul style="list-style-type: none"> <li>• wean off the sling at 6 weeks</li> <li>• progress active assisted to active ROM as comfortable</li> <li>• do not force or stretch or stretch your shoulder</li> </ul>
6 to 12 weeks	<p><b>During the next 6 weeks, your physiotherapist will:</b></p> <ul style="list-style-type: none"> <li>• regain scapula and glenohumeral stability working for shoulder joint control rather than range</li> <li>• gradually increase range of motion</li> <li>• strengthen your shoulder</li> <li>• increase your proprioception through open and closed chain exercise</li> <li>• progress core stability exercises</li> <li>• incorporate sports-specific rehabilitation</li> <li>• engage in plyometrics and perturbation training</li> </ul>