

Milestones to aim for:

- Active assisted flexion 110 degrees
- External rotation to 30 degrees

Week 7 to 10

- Regain full shoulder range of movement
- To commence rotator cuff strengthening in a neutral position
- Progress exercises into combined abduction and external rotation

Week 10 -16

- Commence biceps strengthening
- Sport specific rehabilitation (but to avoid a throwing action.)

Week 16 onwards

- To commence throwing action rehab (as appropriate)

Activity	Time Scales
Cycling (road, non-competitive) Swimming	8-12 weeks
Swimming Racquet Sports / Golf	12 weeks+
Contact Sport e.g rugby, football, mountain biking, hockey, climbing.	6 months+

Information for Physiotherapists

Guidelines: Bankart / Laterjet / SLAP repair

Mr. Simon Gregg-Smith Orthopaedic Surgeon

Mr Gavin Jennings - Orthopaedic Surgeon

Miss Christiane Delatour - Extended Scope Physiotherapist

Anterior Shoulder Stabilisation

Arthroscopic stabilisation of the shoulder is a procedure used for recurrent anterior dislocation.

Initially, the shoulder is examined to determine the extent of the damage including any Bankart or SLAP lesions. Arthroscopic stabilisation is not suitable for all patients with shoulder instability, so in some circumstances, open stabilisation remains the procedure of choice. Post-operatively, both groups follow a similar programme of rehabilitation.

The stabilisation undertaken will either be a soft tissue procedure (e.g Bankart repair) or a bony procedure (e.g Laterjet procedure).

The aims of rehabilitation are to protect the repair in the early stages while allowing some movement to prevent stiffness and to achieve the best possible final outcome.

General Points

- Do not push through pain
- Do not sacrifice quality of movement for range of movement
- Do not overstretch into combined abduction and external rotation

Week 0 to 4

- Check postoperative instructions.
- Shoulder to be kept for 4 weeks in a sling (unless otherwise stated in operation note)
- Active assisted shoulder flexion to 90 degrees with the arm in internal rotation (unless otherwise stated in operation note)
- Passive external rotation to neutral
- Scar massage
- Neck, elbow and hand exercises to maintain range of movement

SLAP repairs – Passive elbow extension to be avoided for 2 weeks (GJJ patients only) and active elbow flexion to be avoided for 4 weeks (SGS and GJJ)

Milestones to aim for:

- Passive flexion to 90 degrees
- External rotation limited to neutral

Week 4 to 6

- Wean from the sling
- Active assisted flexion to 110 degrees
- Active assisted external rotation to 30 degrees
- To avoid combined abduction and external rotation