

Arthroscopic Shoulder Stabilisation

Rehabilitation protocol

Day 1 - 3 weeks

Level 1 Exercises*

- Sling for 3 weeks (athletes can wean off sooner under guidance of club therapist)
- Teach axillary hygiene
- Teach postural awareness and scapular setting
- Core stability exercises as appropriate)
- Proprioceptive exercises (minimal weightbearing below 90 degrees)
- Active assisted flexion as comfortable (in 'safe zone'))
- Active assisted external rotation as comfortable (in 'safe zone'))
- **Do not force or stretch**
- **No combined abduction & external rotation**

3-6 weeks:

Level 2-3 Exercises*

- Wean off sling
- Progress active assisted to active ROM as comfortable
- **Do not force or stretch**
- **No combined abduction & external rotation**

6 weeks +:

Level 3+ Exercises*

- Regain scapula & glenohumeral stability working for shoulder joint control rather than range
- Gradually increase ROM
- Strengthen
- Increase proprioception through open & closed chain exercise
- Progress core stability exercises
- Ensure and treat posterior tightness, if required
- Incorporate sports-specific rehabilitation
- Plyometrics and perturbation training

Milestones	
Week 6	Active elevation to pre op level
Week 12	Minimum 80% range of external rotation compared to asymptomatic side Normal movement patterns throughout range
Failure to achieve milestones	Referral to shoulder clinic

*See post postoperative exercises below

Return to functional activities	
Return to work	Sedentary job: as tolerated Manual job: 3 months
Driving	6-8 weeks
Swimming	Breaststroke: 6 weeks Freestyle: 12 weeks
Golf	3 Months
Lifting	Light lifting can begin at 3 weeks. Avoid lifting heavy items for 3 months.
Contact Sport	E.g. Horse riding, football, martial arts, racket sports and rock climbing: 3 months

Level 1 Exercises

Level 1 = < 20% intensity

Not all of the exercises have been investigated and the information is intended only as a guide when choosing exercises.

Guide: R=ROM S=Strengthening P=Proprioception C=Core

EXERCISES	R	S	P	C
Pendulum Exercise	X			
Flexion in side lying	X		X	
Flexion using the ball	X		X	
Abduction using the physio ball	X		X	
Flexion on the table	X		X	
Abduction on the table	X		X	
External rotation on the table	X			
Flexion in standing	X		X	
Abduction in standing	X		X	
Pulleys	X			
Posterior capsular stretch	X			

Forward flexion with exercise bar	X			
Prayer Position			X	
Balance point in lying flexion	X	X	X	
Balance point in lying abduction	X	X	X	
Rotation with bar lying	X		X	
Rotation with bar at 90 degrees flexion	X		X	
Diagonal with Bar	X		X	
External rotation in Standing	X		X	
Internal rotation in Standing	X		X	
External Rotation Lying	X		X	
4 Point kneeling over physio ball			X	

Level 2 Exercises

Level 2 = 21-40% intensity

Not all of the exercises have been investigated and the information is intended only as a guide when choosing exercises.

Guide: R=ROM S=Strengthening P=Proprioception C=Core

EXERCISES	R	S	P	C
Isometric exercises in sitting external rotation		X		
Isometric exercises in sitting abduction		X		
Isometric exercises in sitting internal rotation		X		
Isometric exercises in sitting external rotation through range		X		
Unilateral shoulder flexion in 4 point kneeling		X	X	X

Level 3 Exercises

Level 3 Exercises = > 40% intensity

Not all of the exercises have been investigated and the information is intended only as a guide when choosing exercises.

Guide: R=ROM S=Strengthening P=Proprioception C=Core

EXERCISES	R	S	P	C
Theraband isometric external rotation long lever		X	X	
Diagonal pattern exercise with theraband		X	X	
Diagonal pattern exercise with free weights and step		X	X	X
Dynamic hug with theraband and ball		X	X	X
Diagonal pattern abduction in elevation to adduction with exercise band		X	X	
Diagonal pattern adduction in elevation to abduction with exercise band		X	X	
Diagonal pattern adduction to abduction in elevation with exercise band		X	X	
Diagonal pattern abduction to adduction in elevation with exercise band		X	X	

References:

1. <https://www.shoulderdoc.co.uk/article/75>