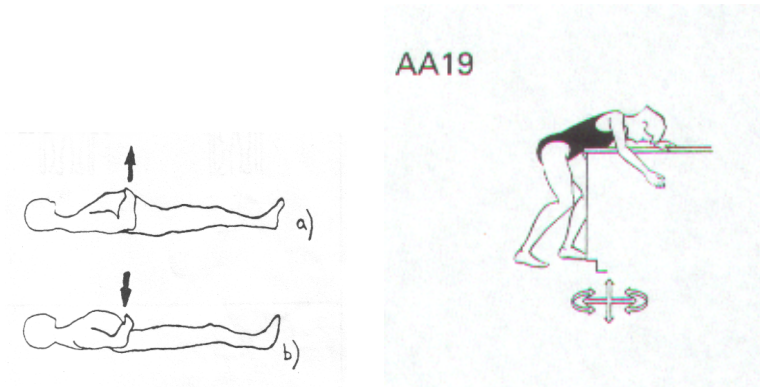


Anterior arthroscopic shoulder stabilisation

Preoperative period:

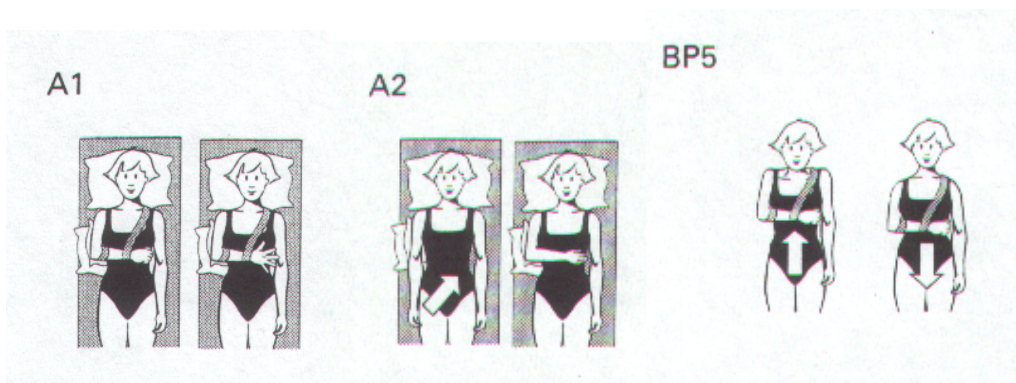
- Diaphragmatic breathing exercises.
- Colman pendular exercises.



Postoperative period:

0 – 3 weeks:

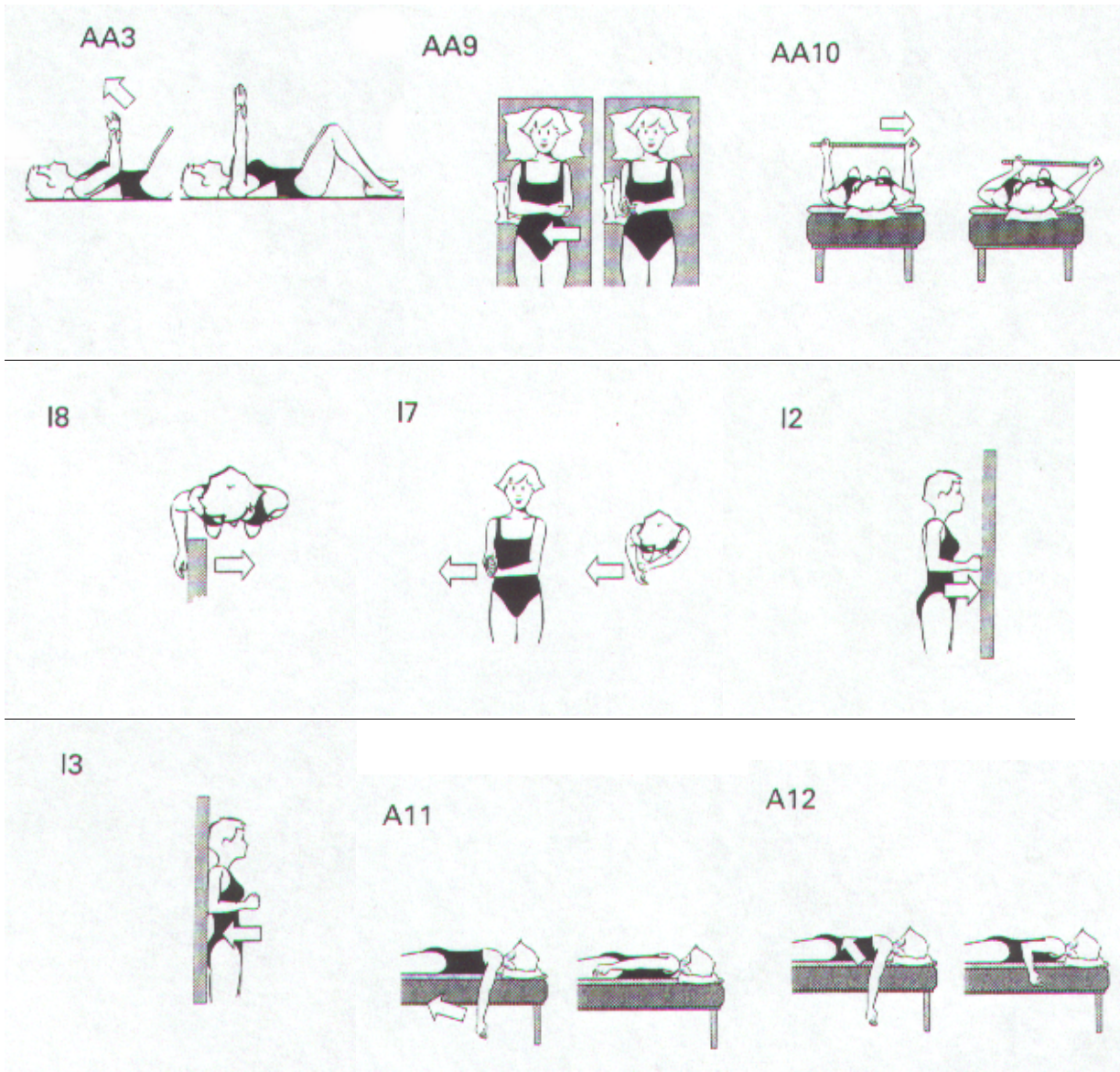
- Localised application of ice 20 min 2-3 times per day if possible (for first 3 days).
- The immobiliser, holding the shoulder in internal rotation or moderate abduction
- Hand pumping and elbow flexion-extension exercises, scapula elevation and depression exercises.
- Codman pendular movements of shoulder flexion – extension.



4 weeks:

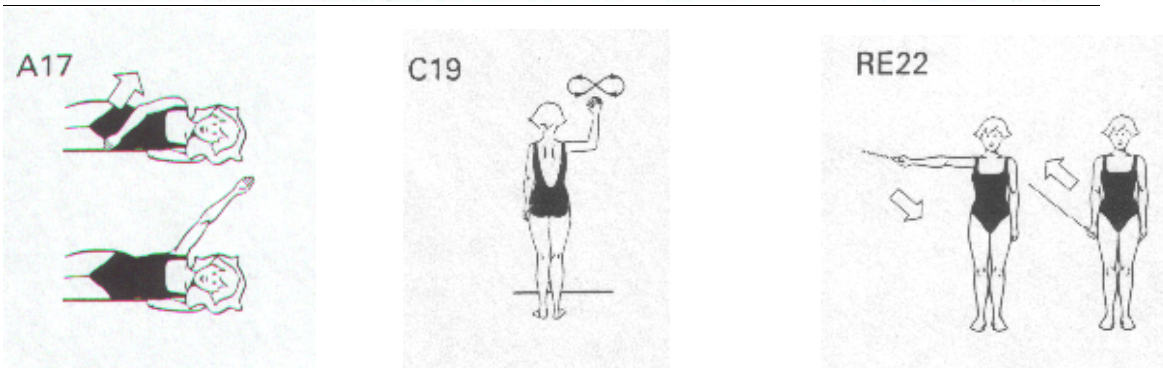
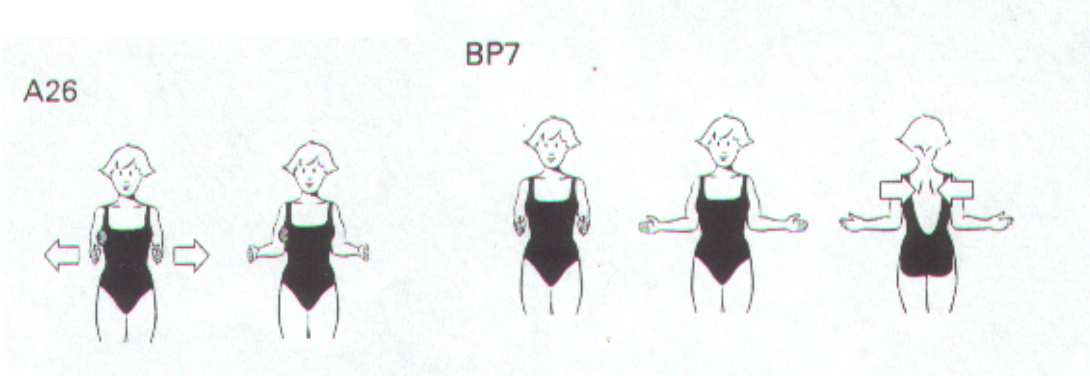
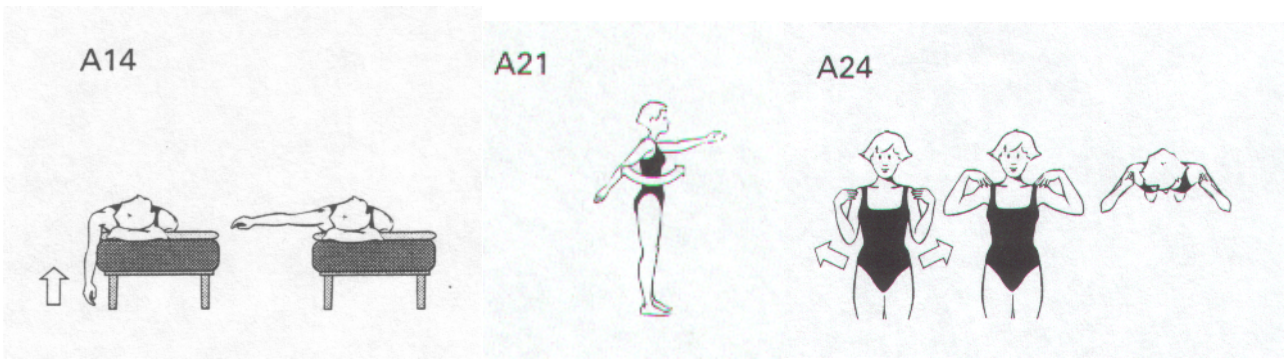
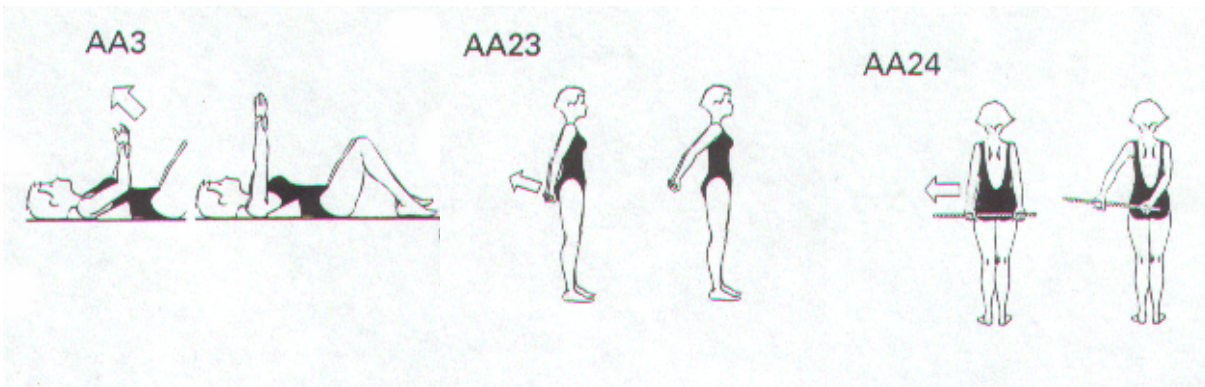
- Wean out from the sling
- Avoid movements of combined external rotation and abduction, limit external rotation to 0 degrees.
- Continue with Codman pendular movements of shoulder flexion – extension.
- Passive abduction and flexion limited to 90 degrees, best performed in internal rotation.
- Assisted mobilisation using pulleys and sticks.

- Isometric strengthening exercises starting with internal rotation progressing to other muscle groups.
- Gradually progress exercises on all planes of movement at various angles (30, 45 degrees etc) as pain allows.
- Active extension of the arm to the level of the trunk starting from the prone position.



5 – 6 weeks:

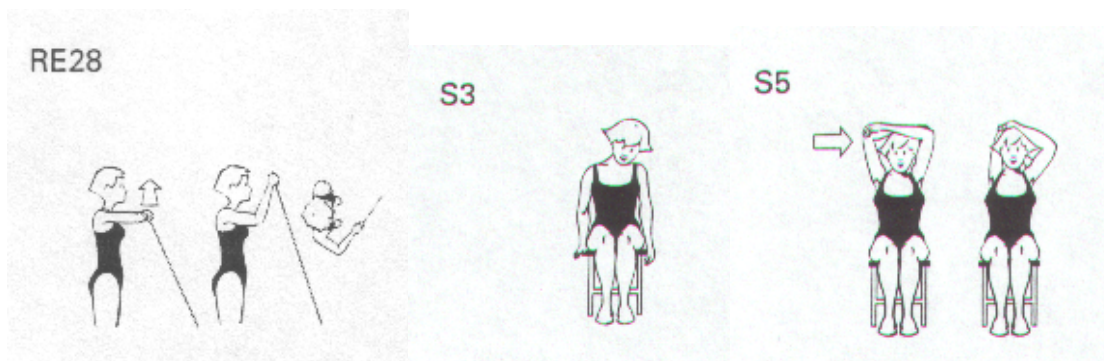
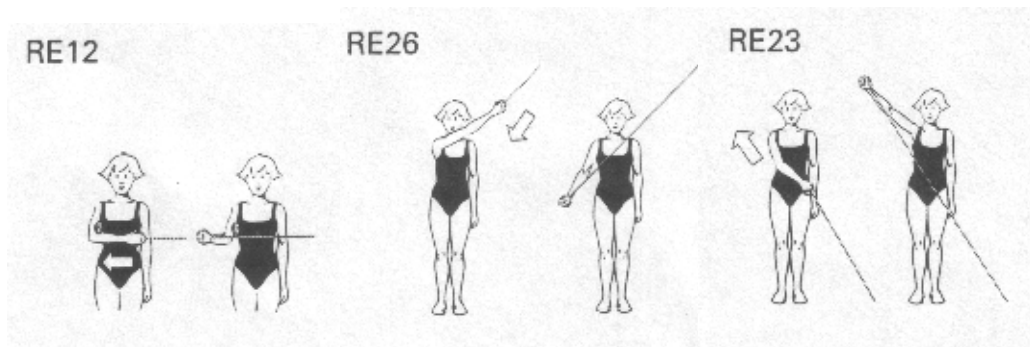
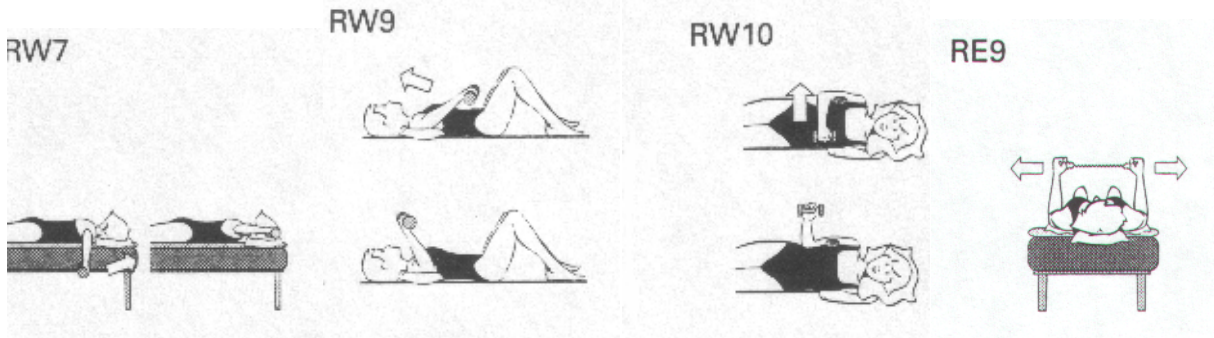
- Avoid forceful positions in abduction-external rotation for 1 more month.
- Gradual recovery of passive articular movement, going from assisted to active mobilisation until reaching 95% of full range of movement.
- Strengthening exercises progressing from isometric to eccentric, followed by isotonic exercises, focussing on strengthening external rotators.
- Proprioceptive exercises: directional exercises, suspension of a weight in predetermined positions.
- Adductor strengthening exercises, 20 – 90 degrees in horizontal position.

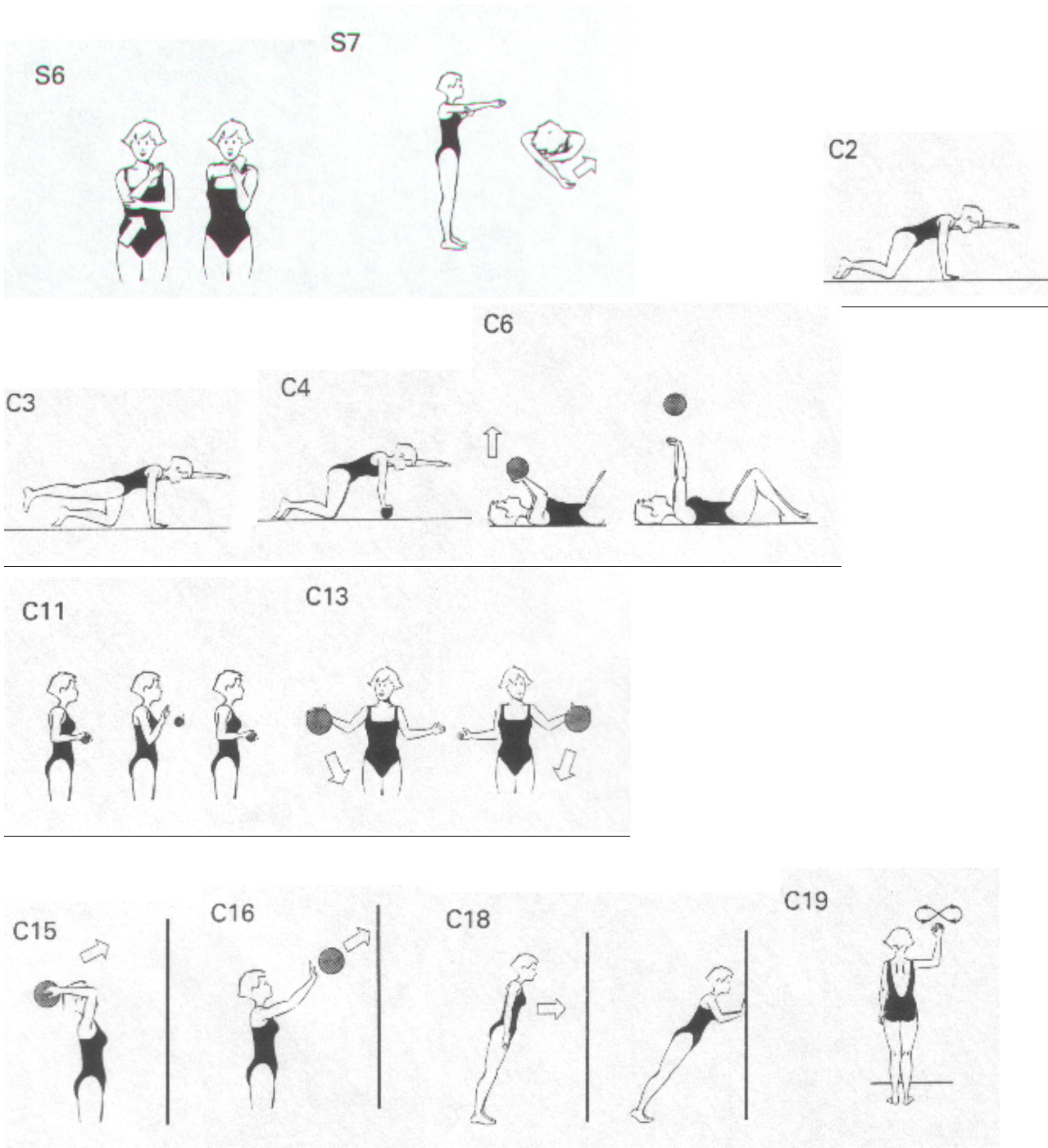


7-16 weeks:

- Global strengthening exercises with weights using increasing loads.
- Neuromuscular plyometric strengthening.
- Self stretching exercises to achieve full recovery of range of movement.

- Horizontal abductor strengthening exercises 90 -180 degrees.
- Begin swimming or throwing exercises progressing speed
- Symmetric and asymmetric muscular co-ordination exercises.





16 – 24 weeks:

Start sport specific muscle strengthening program and consequent sport training.
Pursue the program of throwing re education as tolerated.

Return to contact sports at 6 months post surgery.