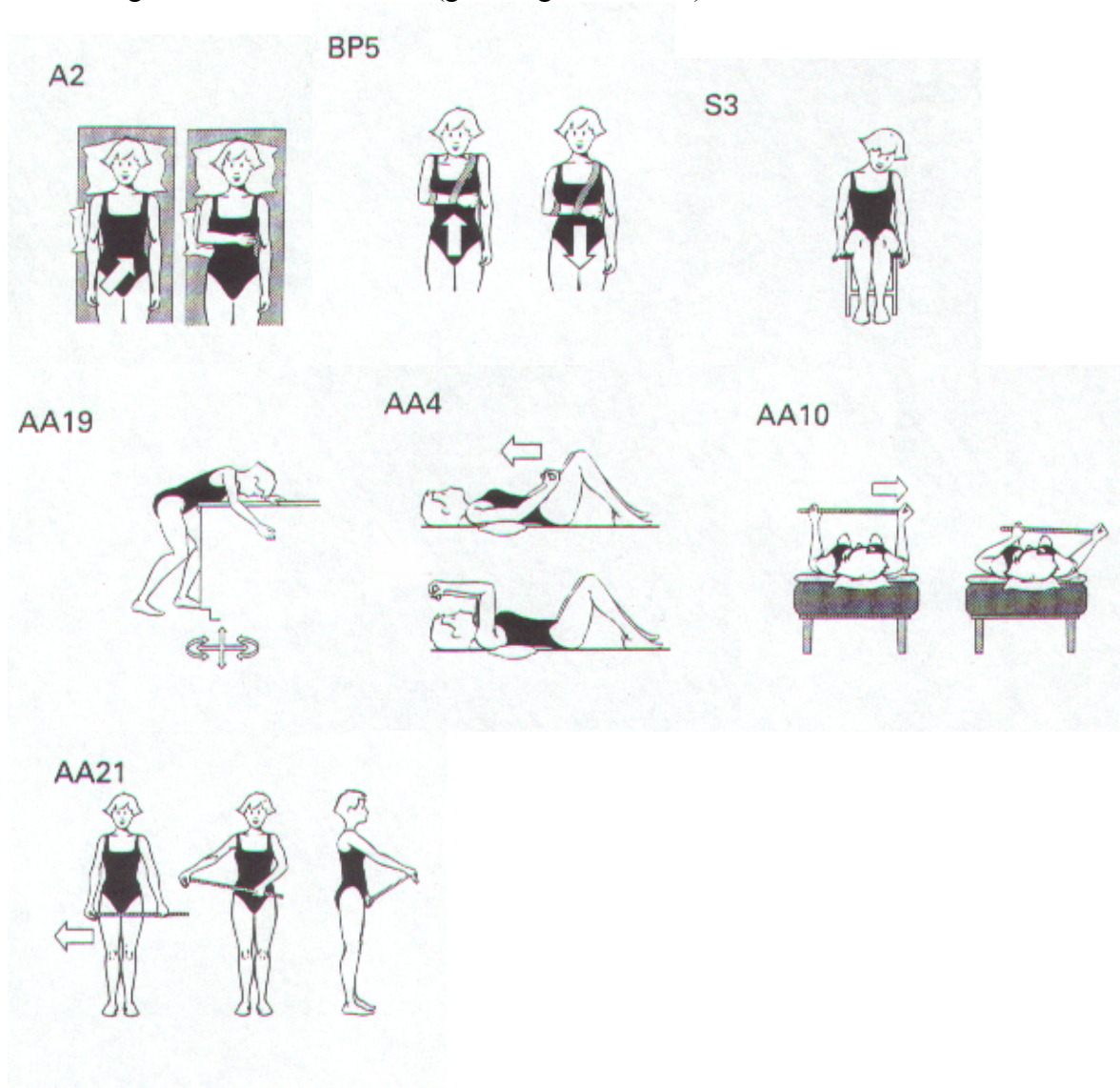


Arthroscopic or open surgery for multidirectional instability or the Shoulder.

Immobiliser for 4 weeks

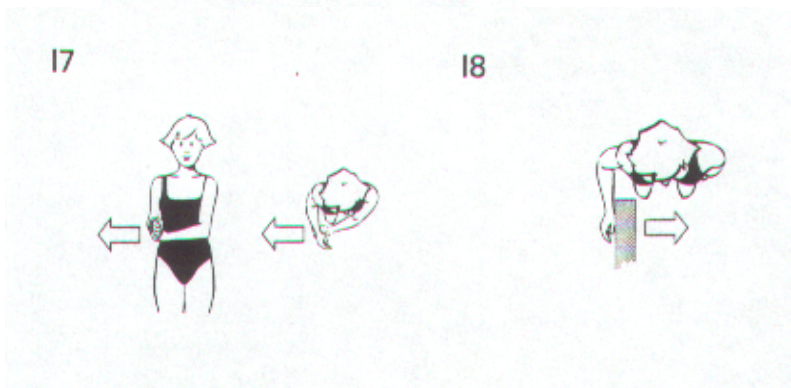
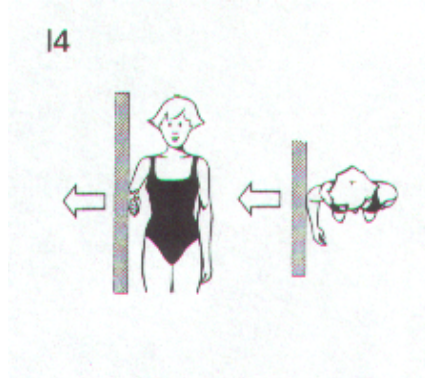
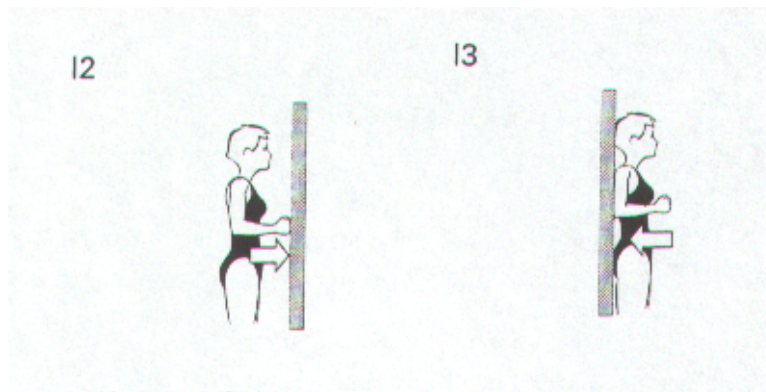
1 -2 weeks:

- Cryotherapy for first 3 -4 days, pain medicine as needed.
- Hand pumping and elbow flexion-extension exercises with loosened sling.
- Elevation, depression scapular movements and shoulder protraction and retraction exercises wearing the sling.
- Pendular exercises without weights.
- From week 2: assisted mobilisation (pulleys and sticks) flex. Max. 90 degrees, abd. Max 60 degrees in internal rotation (guarding the thumb!)



2 -4 weeks:

- Progress assisted flexion and abduction mobilisation as pain allows, external rotation max 25 degrees, internal rotation 65 degrees.
- Begin isometric strengthening of external rotation at 0 degrees of abduction.



4 – 6 weeks:

- Remove the immobiliser.
- Progress assisted flexion and abduction as pain allows, external rotation to 40 degrees, internal rotation to max. 75 degrees mobilise at 45 degrees and 90 degrees as pain allows, begin active mobilisation.
- Isometric strengthening exercises.

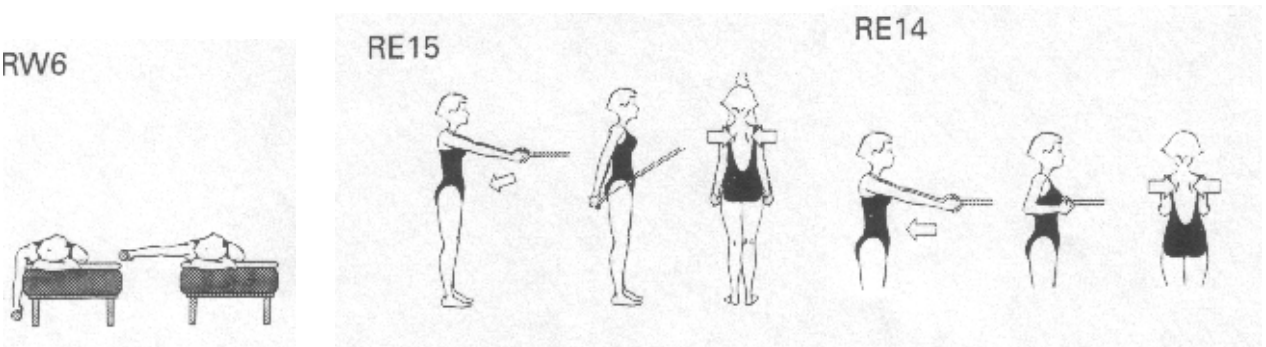
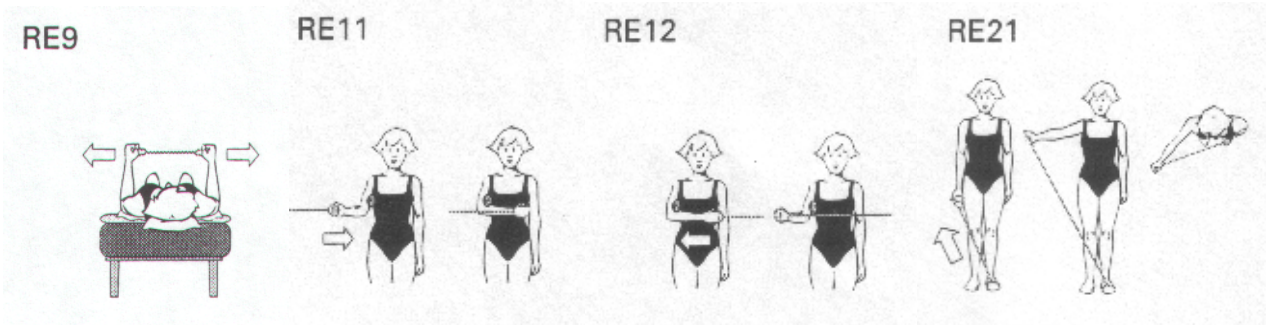
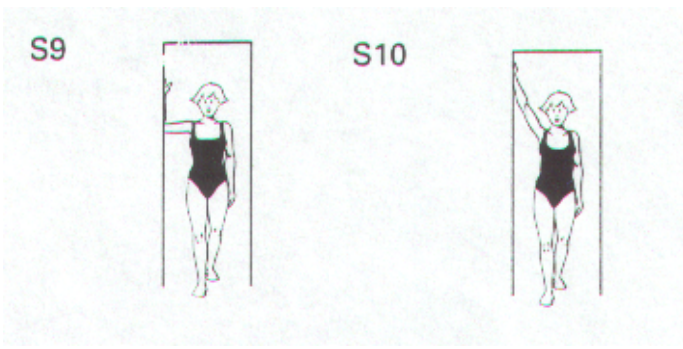
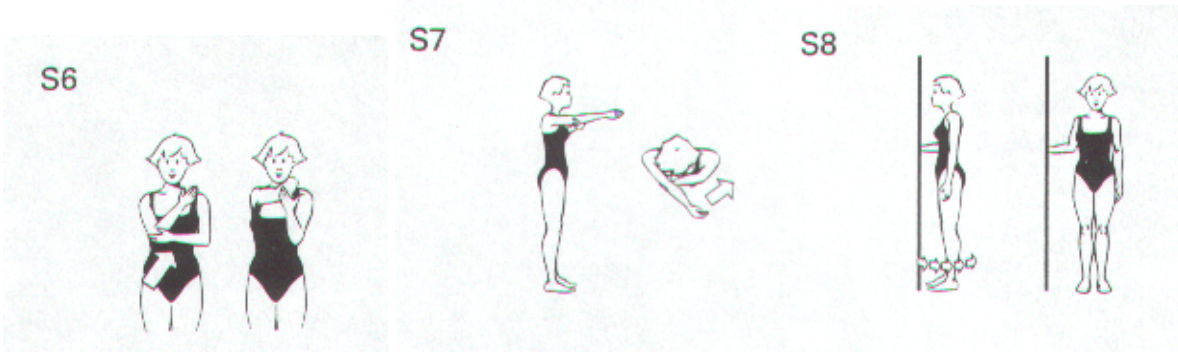
Same exercises with different angles see program.

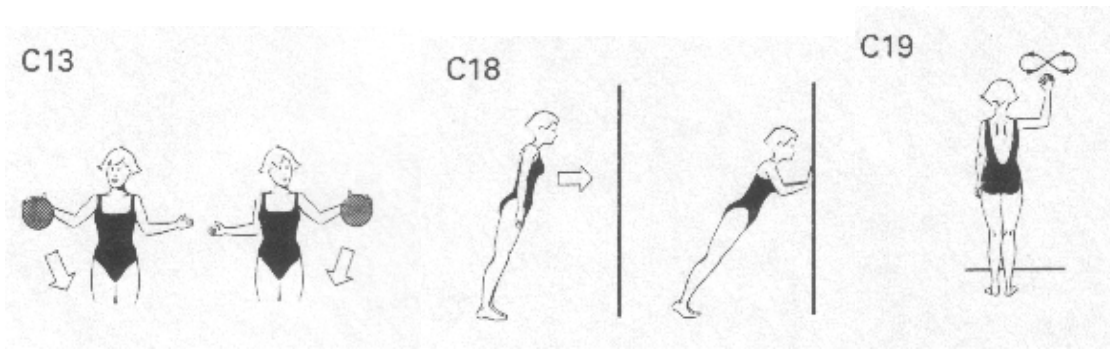
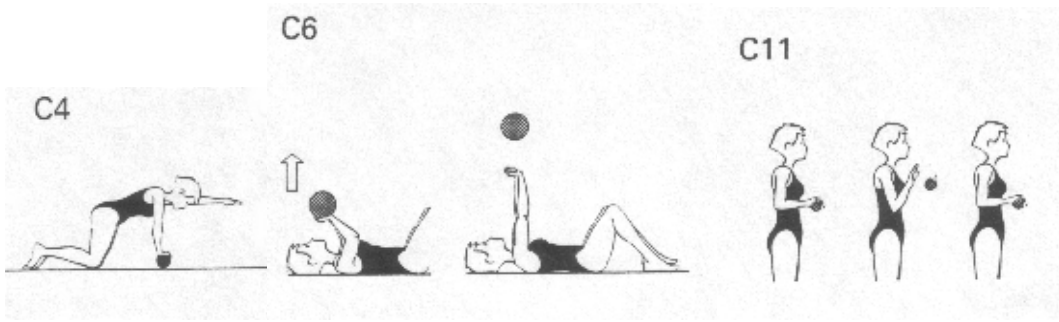
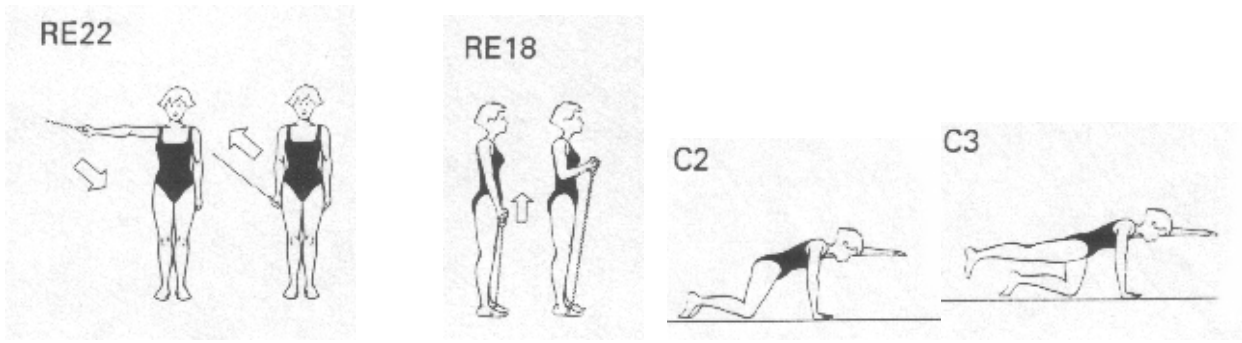
6 – 12 weeks:

- Progress assisted mobilisation exercises to recover full articular movement.
- Progressive active mobilisation.
- Progressive capsular self stretching: posterior in internal rotation, anterior in external rotation.
- Isometric strengthening.
- Isotonic strengthening with resistance bands and progressive force: external and internal rotation in decubitus lateral position at 0 degrees of abduction, horizontal abduction in the

prone position, supraspinatus with arm in internal rotation, rhomboids, latissimus dorsi, biceps.

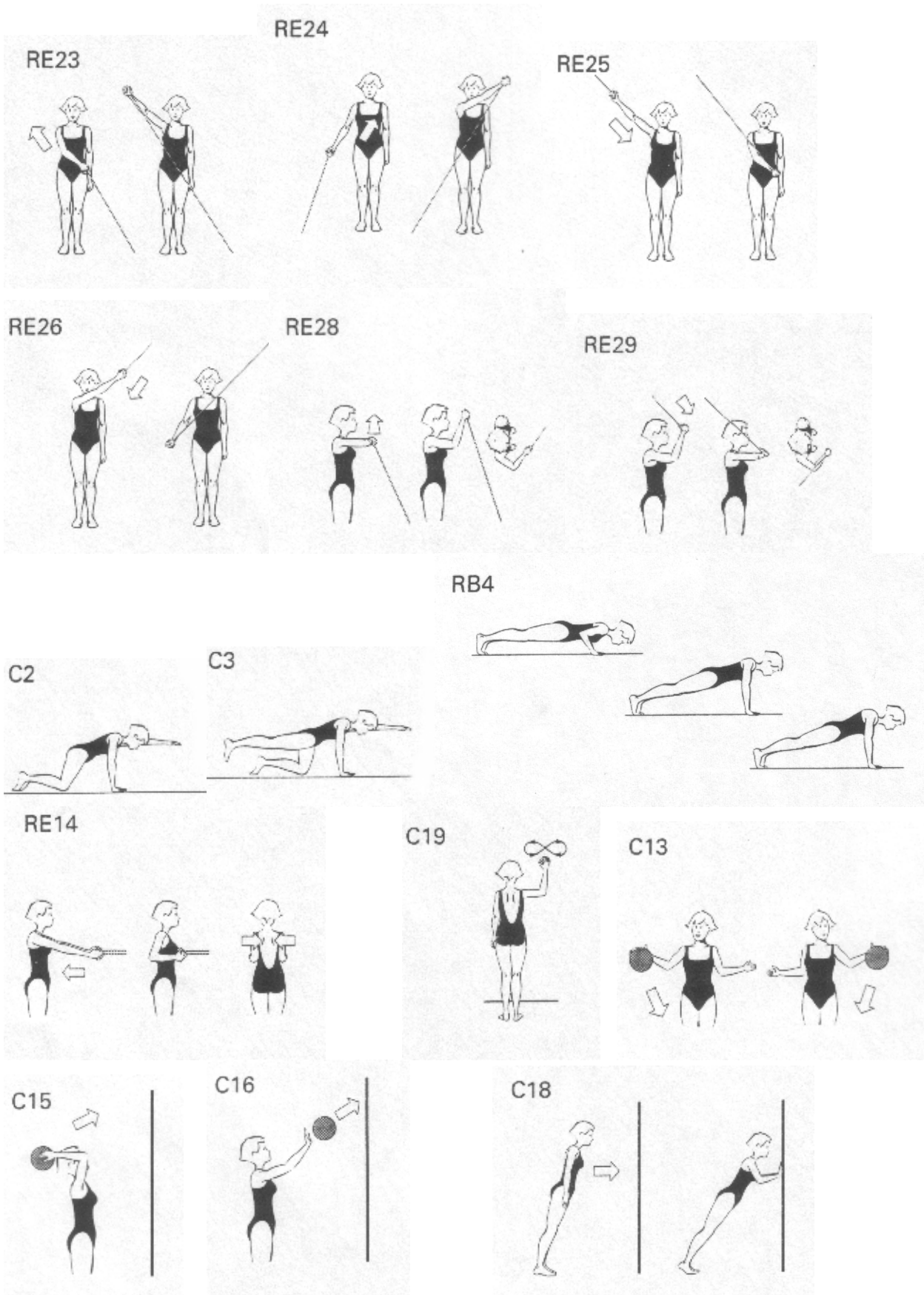
- Proprioceptive neuromuscular facilitation.





12 – 20 weeks:

- muscular strengthening with resistance bands and weights with progressive loads: external and internal rotations at 90 degree, horizontal abduction in supine and in long sitting, supraspinatus arm internal and external rotation, anterior deltoid flexion using wall and press ups, rowing.
- Self stretching.
- Muscular strengthening in diagonal planes.
- Neuromuscular proprioceptive facilitation with resistance bands.
- Plyometric exercises.
- For athletes: begin throwing specific exercises.



20 – 28 weeks:

- Progressively increase weights and daily activity and sport at amateur level.
- For athletes: complete sport specific preparation for throwing activities.