



Marc Hirner
Orthopaedic Surgeon

**Shoulder Rehabilitation
Shoulder Stabilization**

Arthroscopic Anterior Stabilization

Indications:

Performed for recurrent anterior dislocation or instability

Protocol:

Pre-operative rehabilitation is advisable

Post op	
Day 1 - 6 weeks	Sling for 6weeks Teach axillary hygiene Teach postural awareness and scapular setting Core stability exercises as appropriate Do not force or stretch No combined abduction & external rotation
6 - 12 Weeks	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 pertubation training
Milestones	
Week 6 - 12	Active elevation to pre op level
Week 12	Minimum 80% range of external rotation compared to asymptomatic side may take longer after open Latarjet Normal movement patterns throughout range
Failure to achieve milestones	Referral to Marc Hirner

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 6 weeks. Avoid lifting heavy items for 3 months.
Contact Sport	E.g. Horse riding, football, martial arts, racket sports and rock climbing: 3 months