**Posterior shoulder stabilisation**

*Patient and therapist information sheet*

**Procedure details:**  arthroscopic surgery to hold the labrum (cartilage rim of glenoid) and capsule to the desired location with anchors and sutures

**Goals of treatment:** To allow the stabilising structures to heal in the desired location to improve the shoulder stability, prevent further dislocations or subluxations. The rehabilitation phases allow initial pain to settle and structures repaired to heal. The aim is to prevent posterior capsule stretching during recovery (don’t abduct the arm to 90 degrees, forward flex to 90 degrees and internally rotate). The subsequent phases aim to increase range of motion and gain function of the shoulder without loading the healing structures. The final stages of rehabilitation involve muscle tone and strengthening to improve shoulder biomechanics. These exercises are to benefit both shoulders and can be done for some time after healed and returned to your desired activities to ensure good shoulder balance.

**Rehabilitation phases.**

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| **Phase** | **Time (weeks)** | **Restrictions** | **Exercises** |
| 1 | 0-2 | No internal rotation past hand in lap or abduction.  Stay in sling, off for showers whilst keeping hand by the side or externally rotated and elbow range of motion | Active hand, wrist and elbow range of motion. (Not for Elbow Flexion if have had a biceps procedure)  Scapular range of motion exercises in sling |
| 2 | 2-6 | No internal rotation past lap or anterior hip, (do not put hand behind back)  No flexion or abduction greater than 90  No active shoulder ROM  Ok for office and light duties | Pendulums  Passive range of motion initially – moving to active assisted  ER unlimited, Flex to 60, abd to 60, IR to neutral as exercise – tolerating only further if pt uncomfortable with constant ER/Neutral position.  These are goals to achieve by week 5-6, not for the first aspect of phase 2.  Scapular range of motion exercises out of sling, with hands clasped.  Sub scapularis strengthening within range. |
| 3 | 6-12 | No Sport,  Remove sling  Return to work (most occupations) | Active range of motion  Aim to achieve full range of motion by 10 weeks.  Active assisted range of motion.  Passive stretches  Rotator cuff strengthening, particularly infraspinatus and sub scapularis strengthening full range |
| 4 | 12weeks - 6 months | Limited sports – swimming, running, cycling  OK to return to gym from 4 months, altered exercises. Avoid overhead free press, military press, bench press for  No contact sport until 6 months  Sport specific training from 4.5 months | Full range of motion  Strengthening rotator cuff and periscapular muscles  Sport specific training from 4.5 months  Lat pull down allowed.  Pitching and throwing activities gradually allowed |