

Post-op rehabilitation program for arthroscopic anterior stabilisation

Problem: unstable joint with loss of confidence

Aim: to stabilise joint, increase confidence and allow return to activities

Important points:

- sling to be worn for 3 weeks except for exercises

Forbidden:

- no abduction and external rotation for 8 weeks
- hand behind back for 6 weeks

Expectations:

- return to desk jobs at 10 days
- driving from end of week six (if pain and function allows safe driving)
- non-contact sports and freestyle swimming at 3 months
- contact and racquet sports at 6 months

Physiotherapy protocol day 1 onwards:

- Ensure adequate pain relief, neurovascular status normal and no signs of infection
- Hand and elbows exercises
- Pendulums and circles

Physiotherapy protocol after day 7 onwards:

- Begin passive flexion to 90 degrees, abduction to 90 degrees, external rotation to 20 degrees and internal rotation

Physiotherapy protocol after week 4 onwards:

- Begin active assisted range of movement
- Aim for full passive range of movement in all directions by 6 weeks
- Isometric cuff strengthening in neutral
- Closed chain exercises in neutral/slight flexion

Physiotherapy protocol after week 6 onwards:

- Initiate stretching if required
- Graduated strengthening of rotator cuff
- Closed chain exercises into range
- Check scapular control through range

Physiotherapy protocol after week 12 onwards:

- Increase strengthening and add weight training