

## **Post-op rehabilitation program for open 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 4 weeks except for exercises
- Protect short head of biceps for 4 weeks with no active elbow flexion or terminal elbow extension (if Laterjet procedure only)

**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 breast stroke 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 60 degrees, abduction to 60 degrees, external rotation to neutral and internal rotation

**Physiotherapy protocol after week 4 onwards:**

- Begin active assisted range of movement with 90 degrees of flexion, abduction and 30 degrees of external rotation

- Isometric cuff strengthening in neutral
- Scapular setting in neutral
- Closed chain exercises in slight flexion

**Physiotherapy protocol after week 6 onwards:**

- Initiate stretching if required
- Aim for full range of movement by week 10
- Graduated strengthening of rotator cuff
- Closed chain exercises into range
- Check scapular control throughout range
- Proprioceptive exercises when control good

**Physiotherapy protocol after week 12 onwards:**

- Sports specific strengthening and conditioning