



THE ARMDOC

www.TheArmDoc.co.uk

Professor M. A. Imam

MD, D.SportMed, PhD, FRCS (Tr and Orth)

Subspecialist in Upper limb and Complex trauma reconstruction

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Tel: 020 3384 5588

Info@theArmDoc.co.uk

ARTHROSCOPIC ANTERIOR SHOULDER STABILISATION/ANTERIOR REPAIR

	Post op
Day 1-6 Weeks	<ul style="list-style-type: none">• Sling 6 weeks• Active assisted and closed chain exercises within <i>safe zone</i>• Proprioception and scapula setting• Neck, elbow, wrist & hand exercises• Avoid combined abduction & external rotation• Do not force or stretch
6-8 Weeks	<ul style="list-style-type: none">• Wean off sling 6 weeks• Stretches, gently progressing from <i>safe zone</i>• Strengthening within <i>safe zone</i>
8 Weeks +	<ul style="list-style-type: none">• Progress range of movement and resistance• Address any posterior capsule tightness• Open & closed chain proprioception exercises• Can commence combined abduction and external rotation

Milestones	
Week 8	Active range of movement at least 75% of normal
Week 12	Full range of movement, with only minor loss of combined abduction and external rotation

Sling –

Return to Functional Activities



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Driving	6-8 weeks
Swimming	Breaststroke - 8 weeks Freestyle - 3 months
Golf	3 months
Contact Sport	4-6 months
Lifting	Light - 6 weeks Heavy - 3 months
Work	Sedentary - As able Manual - 3 months

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS