



THE ARMDOC

www.TheArmDoc.co.uk

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

Subspecialist in Upper limb and Complex trauma reconstruction

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ARTHROSCOPIC POSTERIOR STABILISATION

	Post op
Day 1-3 Weeks	<ul style="list-style-type: none">• ER brace, wean to normal sling 2-3 weeks (sling 4-6 weeks)• Proprioception, scapula setting, axillary hygiene• Passive and active assisted with in <i>safe zone</i>• Avoid combined flexion and internal rotation
3-6 Weeks	<ul style="list-style-type: none">• Progress range of movement – no forced stretching• Begin light resistance and strengthening
6 Weeks +	<ul style="list-style-type: none">• Progressing full range of movement• Increased resistance and strengthening• Safe to begin combined flexion and internal rotation

Milestones	
Week 6	Active range of movement at least 75% of normal
Week 12	Full active range of movement

Sling – Donjoy ER Brace

Return to Functional Activities



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

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS