

# ARTHROSCOPIC SHOULDER STABILISATION

## Post-Operative Protocol

### Week 0-2

#### Aims:

Protect the anatomic repair.  
Diminish pain and inflammation.

Sling immobilisation at all times except for showering and rehab under guidance of a Physiotherapist

#### Therapeutic Exercise -

- Codman Exercises/Pendulums
- Elbow/Wrist/Hand Range of Motion and Grip Strengthening

Cryotherapy for pain and swelling

### Week 2-6

#### Aims:

Allow healing of wound and soft tissue.  
Protect the repair.  
Prevent shoulder stiffness .

Continue sling immobilisation

#### Range of Motion -

- Begin PROM and AAROM
- Flexion to 90°
- ER in neutral to 0°, may advance to 30° at week 4
- IR to body/chest
- Isometric IR/ER with arm in neutral, elbow at side at week 4
- Continue elbow, wrist, and hand AROM/resisted

#### Therapeutic Exercise -

- Continue Codman Exercises/Pendulums
- May resume general conditioning program (e.g. walking, stationary bicycle)  
Cryotherapy as needed for pain control and inflammation

Discontinue / wean out of sling

### Week 6 - 12

#### Aims:

Achieve full ROM.  
Begin light strengthening.  
Maintain full PROM.  
Dynamic shoulder stability.  
Gradual return to functional activities.

Range of Motion – Progress PROM and AROM as tolerated

#### Therapeutic Exercise -

- Scapular stabiliser strengthening
- At week 8, begin strengthening program: rotator cuff, biceps curls, triceps extensions, ER/IR with elbow at side (advance to overhead at 10 weeks), forward punch, seated row, shoulder shrug, lat pull downs (with elbow in front of body)

### Week 12 - 16

#### Aims:

Maintain ROM.  
Gradual restoration of shoulder strength, power, and endurance.  
Dynamic shoulder stability.

Range of Motion – Full without discomfort

#### Therapeutic Exercise -

- Continue stretching
- Dynamic stabilisation exercises
- Continue and advance strengthening

### Week 16 - 24

#### Aims:

Maintain full non-painful AROM  
Advanced conditioning exercises for enhanced functional use  
Improve muscular strength, power, and endurance  
Gradual return to full functional activities

#### Therapeutic Exercise -

- Continue stretching and strengthening

May start light throwing/soft toss program

May return to light sports: golf, tennis, swimming

At week 20, may initiate interval sports program/non-contact team activities

At week 24, may return to full sport activity if no pain or stiffness