

POSTOPERATIVE REHABILITATION PROGRAMME FOLLOWING ARTHROSCOPIC SHOULDER STABILISATION

STAGE	AIMS	TREATMENT GUIDELINES
Phase 1 Weeks 0-2	Protect the anatomic repair Diminish pain and inflammation	Sling immobilisation at all times except for showering and rehab under guidance of Physiotherapist Therapeutic Exercise <ul style="list-style-type: none"> ○ Codman Exercises/Pendulums ○ Elbow/Wrist/Hand Range of Motion and Grip Strengthening Cryotherapy for pain and swelling
Phase 2 Weeks 2-6	Allow healing of wound and soft tissue Protect the repair Prevent shoulder stiffness	Continue sling immobilisation Range of Motion <ul style="list-style-type: none"> ○ 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 <ul style="list-style-type: none"> ○ Continue Codman Exercises/Pendulums May resume general conditioning program (e.g. walking, stationary bicycle) Cryotherapy as needed for pain control and inflammation
Phase 3 Weeks 6-12	Achieve full ROM Begin light strengthening Maintain full PROM Dynamic shoulder stability Gradual return to functional activities	Discontinue / wean out of sling Range of Motion – Progress PROM and AROM as tolerated Therapeutic Exercise <ul style="list-style-type: none"> ○ 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)
Phase 4 Weeks 12-16	Maintain ROM Gradual restoration of shoulder strength, power, and endurance Dynamic shoulder stability	Range of Motion – Full without discomfort Therapeutic Exercise <ul style="list-style-type: none"> ○ Continue stretching ○ Dynamic stabilisation exercises ○ Continue and advance strengthening
Phase 5 Weeks 16-24	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 <ul style="list-style-type: none"> ○ 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