

ANTERIOR SHOULDER STABILISATION REHABILITATION PROTOCOL

Patient:

Date of Surgery:

0 - 4 Weeks

- Pendulum exercises + elbow/wrist/hand exercises
- No ER > Neutral
- Sling when not performing pendulums

4 - 6 Weeks

- Stage I – Active Assisted ROM
- Wean Sling: No ER > 30°

6 - 8 Weeks

- Stage II – Active ROM
- No ER > 45°

8 - 12 Weeks

- Stage III – Strengthening (theraband exercises)
- Progress to full ER by 12 weeks

12 Weeks

- Commence weight training/gym
- Avoid wide grip bench press/dips; back of hands visible when strengthening
- Progressive return to physical work/job

5 – 6 months

- Return to contact sports if progressing well

Special Instructions/Modifications to Protocol:

**PLEASE SEE RE: REHAB as per PROTOCOL
THANK YOU!**