



SHOULDER STABILISATION REHABILITATION

Days 0 to 14

Post-op recovery

Primary goal here is to allow wound healing and to decrease swelling. You will be able to go home the same day as your surgery with waterproof dressings and a sling. Leave your dressings on until your review in clinic at 10-14 days post-surgery.

Exercises (5 times a day)

- Elbow range of motion
- Squeezing shoulder blades together

Weeks 2 to 6

- Passive forward flexion / abduction / external rotation 5 times a day.
- Desk duties allowed but no driving.
- **Physio** can commence at 4 weeks

Weeks 6 to 12

- Out of sling
- Commence driving
- Active range of motion exercises
- Scapular stabilisers strengthening at 8 weeks
- Rotator cuff strengthening at 10 weeks

Months 3 to 6

- Light duties can be commenced with lifting restricted to below elbow height
- Proprioception exercises
- Return to sports and full duties at 6 months

Overall rehab time of **12 months**.