

Posterior Shoulder Stabilisation

Day 1 – Week 3:

Gunslung with body belt for 3 weeks

Finger, wrist and radio ulnar movements

Assisted elbow flexion & extension in standing

Teach postural awareness and scapular setting

Week 4 – Week 6:

Body belt removed

Gentle pendular exercises for flexion & extension

No combined forward flexion and Internal rotation exercises

Week 6+:

The sling is removed & formal physio begins

Regain scapula & glenohumeral stability working for shoulder joint control rather than range

Gradually increase ROM

Strengthen rotator cuff muscles

Increase proprioception through open & closed chain exercise

After 2 months any residual tightness to internal rotation may be addressed by specific stretching exercises

Return to functional activities:

Return to work Sedentary job: as tolerated

Manual job: 3 months

Driving 6-8 weeks

Swimming Breaststroke: 6 weeks

Freestyle: 12 weeks

Golf 3 Months

Lifting Light lifting can begin at 6 weeks. Avoid lifting heavy items for 3 months.

Contact Sport E.g. Rugby, horse riding, football, martial arts, racket sports and rock climbing: 3 months

S Massoud

www.bhamknee-shoulder.co.uk