

## ARTHROSCOPIC POSTERIOR STABILISATION

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These are guidelines only. Each patient is an individual and may have individual variations on the information below. Post operative instructions are documented on the operation note which should be provided with the referral or if not, obtained from the consultant's secretary. These guidelines are for use by a qualified physiotherapist in collaboration with the orthopaedic surgeon undertaking the patient's surgery. The authors take no responsibility for the use of this guideline by staff or individuals other than the above at UCLH NHS Foundation Trust.

<b>Post op</b>	
<b>Immediate</b>	<ul style="list-style-type: none"> <li>• ER brace 0-3 weeks</li> <li>• Polysling 3-6 weeks</li> <li>• Postural advice, scapula setting, axillary hygiene</li> <li>• Cervical spine, elbow, wrist &amp; hand exercises</li> </ul>
<b>Day 1-3 Weeks</b>	<ul style="list-style-type: none"> <li>• Passive and active-assisted movement within <i>safe zone</i> (safe zone= scaption to 90° /full ER) all within patient comfort limits only</li> <li>• <b>Avoid combined flexion and internal rotation for 12 weeks+</b></li> <li>• <b>No cross body adduction for 12 weeks+</b></li> <li>• <b>No Hand behind back for 12 weeks+</b></li> <li>• <b>No weight bearing through upper limbs for 16 weeks+</b></li> </ul>
<b>3-6 Weeks</b>	<ul style="list-style-type: none"> <li>• Progress active-assisted range of movement – no forced stretching: moving round from abduction/scaption to flexion as comfort allows</li> <li>• Gentle static isometric strengthening exercises in neutral may commence as long as pain-free</li> </ul>
<b>6 Weeks +</b>	<ul style="list-style-type: none"> <li>• Progressing to full range of movement with good control then strengthening exercises can commence</li> <li>• <b>No posterior capsule stretches until 12 weeks +</b></li> </ul>
<b>12 weeks +</b>	<ul style="list-style-type: none"> <li>• Sports specific rehabilitation</li> <li>• Open chain proprioception in abduction progressing to closed chain proprioception in abduction only at wall</li> <li>• <b>No closed chain proprioception exercises in flexion until 16 weeks post op</b></li> </ul>
<b>Milestones</b>	
Week 6	Active range of movement at least 75% of normal
Week 12	Full active range of movement

### ***Return to Functional Activities***

<b>Work</b>	Sedentary - As able/ Manual - 3 months+
<b>Driving</b>	6 weeks+ seek guidance from surgeon
<b>Swimming</b>	Breaststroke - 12 weeks+/Freestyle -12 weeks+
<b>Golf</b>	3 months+
<b>Contact Sport</b>	6 months+
<b>Lifting</b>	Light - 6 weeks+ Heavy - 3 months+

## **PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS**

Agreed AP AR 26/11/21. Updated Aug 2022. Due for review Aug 2023.

References: Shoulderdoc. (2016). Shoulder rehab protocols: Arthroscopic posterior stabilisation. *Shoulderdoc.co.uk*. Retrieved February, 11<sup>th</sup>, 2016, from <http://www.shoulderdoc.co.uk>

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