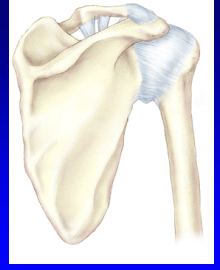


DR. TERRY HAMMOND

SHOULDER SURGEON



***SHOULDER STABILIZATION (Arthroscopic or Latarjet) / SLAP REPAIR
– PHYSIOTHERAPY PRINCIPLES***

0-6 Weeks

Ensure adequate pain relief – may need to see me or GP for additional medication
May come out of sling, extend elbow and hang arm down. Can then lean forward to wash armpit
Hand, wrist, elbow exercises
Cardiovascular conditioning
Stay in sling unless exercising or washing (sling to be worn at night in bed)

6-12 Weeks

Sling off and resume gentle ADLs - allow active movements within comfortable range
Gentle (less than 30% strength) isometric rotation exercises with elbow by side
No stretching – allow range to return naturally (may take months)
Cardiovascular conditioning
Hand, wrist, elbow exercises
Core strengthening especially transversus abdominis, multifidus
Scapular mobilization / proprioception
Avoid full abduction and external rotation as this may disrupt repair

>12 weeks

Allow further range to return naturally – no stretching
Continue cuff strengthening
Integrate functional activities
Cardiovascular conditioning
Core strengthening especially transversus abdominis, multifidus
Scapular mobilization / proprioception

GENERAL PRINCIPLES

If need to go back to heavy work can do so at 4 months, sport at 6 months
No need to push range of motion – this will return naturally and forced stretching can compromise labral repair