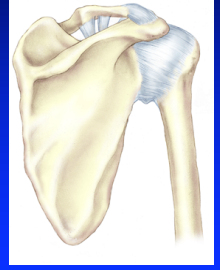


**DR. TERRY HAMMOND**

**SHOULDER SURGEON**



## ***SHOULDER STABILIZATION (Arthroscopic or Latarjet) / LABRAL 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  
Avoid abduction and external rotation so forward flexion should be done with shoulder in internal rotation  
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 needs 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