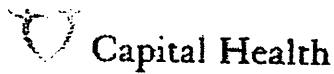


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*Specializing in Upper Limb and Trauma Surgery*

## **SHOULDER STABILIZATION REPAIR PROTOCOL**

**\* Ensure protection of surgical repair by adhering to ROM guidelines below**

**Immobilizer:** Wear sling for 6 weeks. May be removed for exercise and personal hygiene.

**Day 1:** - Elbow, wrist, and hand – Full active range of motion (ROM)

**6 WEEKS:**

- Bent over shoulder pendular exercises
- Self assisted shoulder elevation while reclined or lying supine (Limit to 135°)
- Active assisted external rotation (using broom stick) lying supine
  - Towel folded under elbow to prevent extension
  - Arm in slight abduction (20°) to decrease stress to surgical repair
  - Restrict external rotation to no greater than 10° (DO NOT FORCE)
- Scapular strengthening (limit stress to surgical repair)
  - Retraction exercises, prone row to midline
- Submaximal isometric shoulder exercises (No Pain)
- Passive ROM using arm ergometer at slow speed

**7 WEEKS:**

- Progress self assisted shoulder elevation as tolerated (NO PAIN)
- Progress supine external rotation to 40° by 8 weeks (DO NOT FORCE)
- Slow active ROM movements and exercises
  - Elevation in scapular plane may be easiest initially (Slowly progress active elevation to 155° by week 9)
  - Side lye external rotation to no greater than 40° (No Pain)
  - Bent over elevation exercises (Forward, Backwards, Outwards)
  - Active assisted supine broom handle push up, progress to supine pendulars
- Bicep/ Tricep strengthening as tolerated

**8 WEEKS:**

- Progress supine external rotation to 50-60° by week 9
- If adequate pain control and good AROM (elevation above 90°, external rotation to 40°)
  - Initiate elastic tubing exercises (flexion-scapular plane initially, extension, rotation)
  - **Below shoulder height** no pain
- Shoulder stretching / mobilizations only as needed to ensure ROM goals met by week 9 (If ROM goals are being met, there is no need to stretch and/ or mobilize)

**9 WEEKS:**

- Progress to full active and passive ROM as tolerated including combined movements
  - External rotation in progressively abducted position as tolerated no pain
- Advanced strengthening with free weights provided there is adequate ROM and cuff strength
  - **Below shoulder height**, start with light weight and progress as tolerated
  - Closed chain exercises, proprioceptive training, rhythmic stabilizations

**10-12 WEEKS:** - Activity/ Work/ Sport specific exercises