



KUCHING SPECIALIST HOSPITAL SDN BHD (258493-K)

(Formerly known as PUTERI HEALTHCARE SDN BHD)

(A Member of KPJ Healthcare Berhad)

Lot 10420, Block 11, Tabuan Stutong Commercial Centre, Jalan Setia Raja, 93350 Kuching, Sarawak, Malaysia.

Tel: 6 082-365777

Fax: 6 082-364666

Emergency No : 6 082-365030

Website : www.kcsh.kpjhealth.com.my

Email : kcsh@kcsh.kpjhealth.com.my

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ANTERIOR SHOULDER STABILISATIONS

Post-op to 4weeks:

Patient immobilised in sling for comfort only. Must be worn at night with body strap but can be removed during the day as comfortable. Patient may use arm below shoulder level and wear sling outside clothes.

- a) Elbow, wrist and hand - active range of movement exercises.

4 weeks:

- a) Auto-assisted and active exercises to achieve full range of movement.
Progress to active movements in all directions.

- b) Avoid lateral rotation in abduction.

6 weeks:

- a) Strengthening all muscle groups, with theraband.
Gentle exercise only for medial rotators.

- b) Discard sling completely

10-12 weeks:

If movements remains significantly limited, passive stretching to regain it.

Increase strengthening of medial rotators.

Aim for normal scapulo-humeral rhythm - use Biofeedback if necessary.

12 weeks:

Isokinetics - start in neutral position or scapular plane.

May commence swimming .

4 months

May commence racket sports

6 months:

Return to contact sports and overhead weights.

NB: a)

Always avoid exercises or stretch in abduction with lateral rotation.

b)

Do not push for the last few degrees in rotations. As long as they have a good, functional range of movement, stability is more important.

c)

This regime is for uncomplicated stabilisations. In patients with hypermobility, they will be immobilised for 6 weeks in collar and cuff with body bandage. After this, can be treated similar to normal stabilisations.

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Christine Phillips, Senior I Physiotherapist, Princess Margaret Rose Orthopaedic Hospital