

# Anterior Shoulder Stabilisation

## **Day 1:**

Polysling with body belt for 3 weeks

Finger, wrist and radio ulnar movements

Assisted elbow flexion & extension in standing

Teach postural awareness and scapular setting

## **Week 4 +:**

The sling is removed & formal physio begins

Regain scapula & glenohumeral stability working for shoulder joint control rather than range

Gradually increase ROM

Strengthen rotator cuff muscles

Increase proprioception through open & closed chain exercise

**No abduction coupled with external rotation for 3 months**

## **Return to functional activities**

**Return to work**            Sedentary job: as tolerated

   Manual job:    3 months

**Driving**                    4 weeks

**Swimming**                Breaststroke: 4 weeks

   Freestyle:        12 weeks

**Golf**                        3 Months

**Lifting**    Light lifting can begin at 3 weeks. Avoid lifting heavy items for 3 months.

**Contact Sport**    Horse riding, football, rugby, martial arts, racket sports and rock climbing:

3 months

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