

POST OP REHAB GUIDELINES

ARTHROSCOPIC STABILISATION LABRAL REPAIR

Key Points

- Normally in sling for 4/52 gradually wean off by 6/52
- Read op notes for individual instructions
- FOR POSTERIOR LABRAL REPAIR AVOID CROSS ARM ADDUCTION FOR 6 WEEKS

Discharged from the ward:

- Active elbow, hand, neck and shoulder girdle exercises
- Pendular flexion for axillary hygiene reasons only
- Postural awareness advice

Weeks 1-3:

- Teach pendular exercises
- Active assisted flexion to 90 degrees
- **NO** combined abduction and external rotation
- Active assisted external rotation to restriction limit indicated in operation note (*usually 20 degrees*)
- Check active elbow, hand, neck and shoulder girdle exercises
- Re enforce postural advice

Weeks 3-6:

- Gradually introduce more active ROM exercises but no combined abduction and external rotation
- Closed kinetic chain exercises to improve proprioception
- Wean off sling from 4 weeks

Weeks 6-8:

- Add active shoulder movements **all** directions
- Joint mobilisations as able

Weeks 8-12:

- Resisted rehab if needed
- Introduce sports specific exercises as needed

Return to activity - Guidelines

- Driving 6-8 weeks
- Swimming
 - Breast stroke 8 weeks
 - Front crawl 3 months
- Golf 3 months
- Contact sport **minimum** 3 months

Contact Details

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