

# Posterior Shoulder Stabilisation Rehabilitation

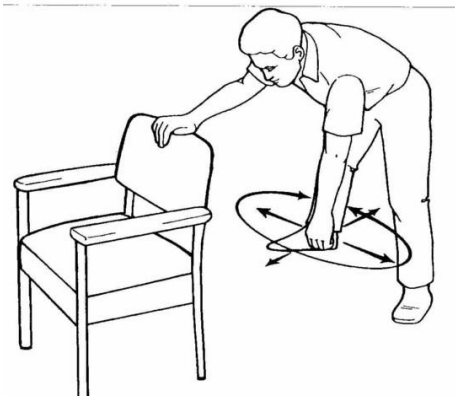
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- You don't need to wear your sling in the shower
- Begin doing pendulum exercises

## Pendulum Exercise

You can see a video demonstration at <http://tinyurl.com/pendulumexercise>

1. Lean forward and hang your arm
2. Swing your arm in a gentle circle, building towards a 30 centimeter diameter.



You can do this once or twice per day for approximately 30 seconds, e.g. shower time and dressing.

- **Still wear main sling at other times.**

## Physiotherapy

Wean off your sling over a 3 day period and start physio on ..... / ..... / .....

### Guidelines

- Initially work on posture, scapula control, range of motion.
- Don't elevate arm above 90 degrees flexion in the first 10 – 12 weeks from surgery.
- Normalise patterns of use for activities of daily living.
- Don't lift more than 2 kilograms initially.
- Light theraband inner-range strengthening when 70% range of motion is reestablished (usually around 10 weeks post-surgery).
- Usually gym-based strengthening can commence approximately 3 – 4 months post surgery.
- Proprioception and sport-specific rehabilitation once sufficient strength is regained.
- Generally the earliest return to risky activities is 8 or more months post surgery.
- Overall improvement will continue to for 12 – 18 months after surgery.

## Return to Work Guidelines

Often the initial return to work is part-time hours and modified duties, gradually building up.

- **Sedentary work with arm in sling:** 10 – 14 days
- **Light two-handed desk height duties and driving:** 6 – 7 weeks
  - **Medium lifting below eye level:** 4 months
- **Heavy work:** may be 5 – 6 months (depending on progress)

