

# ARTHROSCOPIC POSTERIOR STABILISATION

	Post op
<b>Immediate</b>	<ul style="list-style-type: none"> <li>• ER brace 0-3 weeks then polysling 3-6 weeks</li> <li>• Postural and scapula setting</li> <li>• Neck, elbow, wrist &amp; hand exercises</li> </ul>
<b>Day 1-3 Weeks</b>	<ul style="list-style-type: none"> <li>• Passive and active assisted with in <i>safe zone</i></li> <li>• <b>Avoid combined flexion and internal rotation</b></li> </ul>
<b>3-6 Weeks</b>	<ul style="list-style-type: none"> <li>• Progress range of movement – no forced stretching</li> <li>• Begin light resistance and strengthening</li> </ul>
<b>6 Weeks +</b>	<ul style="list-style-type: none"> <li>• Progressing full ROM</li> <li>• Increased resistance and strengthening</li> <li>• Begin combined flexion and internal rotation</li> </ul>

Milestones	
Week 6	Active range of movement at least 75% of normal
Week 12	Full active range of movement

## Sling – Donjoy ER Brace

### *Return to Functional Activities*

<b>Driving</b>	4-6 weeks
<b>Swimming</b>	Breaststroke - 6 weeks Freestyle - 3 months
<b>Golf</b>	3 months
<b>Contact Sport</b>	4-6 months
<b>Lifting</b>	Light - 3 weeks Heavy - 3 months
<b>Work</b>	Sedentary - As able Manual - 3 months

**PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS**