



Arthroscopic Stabilisation (Posterior)

What to expect?

Sling	When can I go home?	What can I do?	What can't I do?
External rotation brace for 6 weeks	1 night stay in hospital	Passive range of motion in safe zone	No abduction or flexion + internal rotation; no forced movement

Plan for review appointments?

If something feels wrong	2 weeks	3 months
Call the office in business hours; GP/local emergency department if after hours	Wound check and change of dressings	Review to see how you're progressing

Notes to Physiotherapist

Sling for 6 weeks

For the first 6 weeks:

- No IR >30deg to protect repair
- AAROM and PROM to 90deg elevation (avoid IR)

Scapular stabilisation exercises

Neck, Elbow, Wrist and Hand exercises

Note Hypersensitivity of axillary nerve distribution is a common occurrence- desensitisation techniques can help

Active ROM as tolerated from 6 weeks (gently increase IR esp flexion/IR)

Strengthening after 12 weeks

Returning to occupational and recreational activities?

Driving	6-8 weeks
Light work	2-3 weeks
Run/Road bike	6-8 weeks
Heavy work	3 months
Gym	3-6 months
Swim	3-6 months
Tennis	3-6 months
Contact sports	9 months