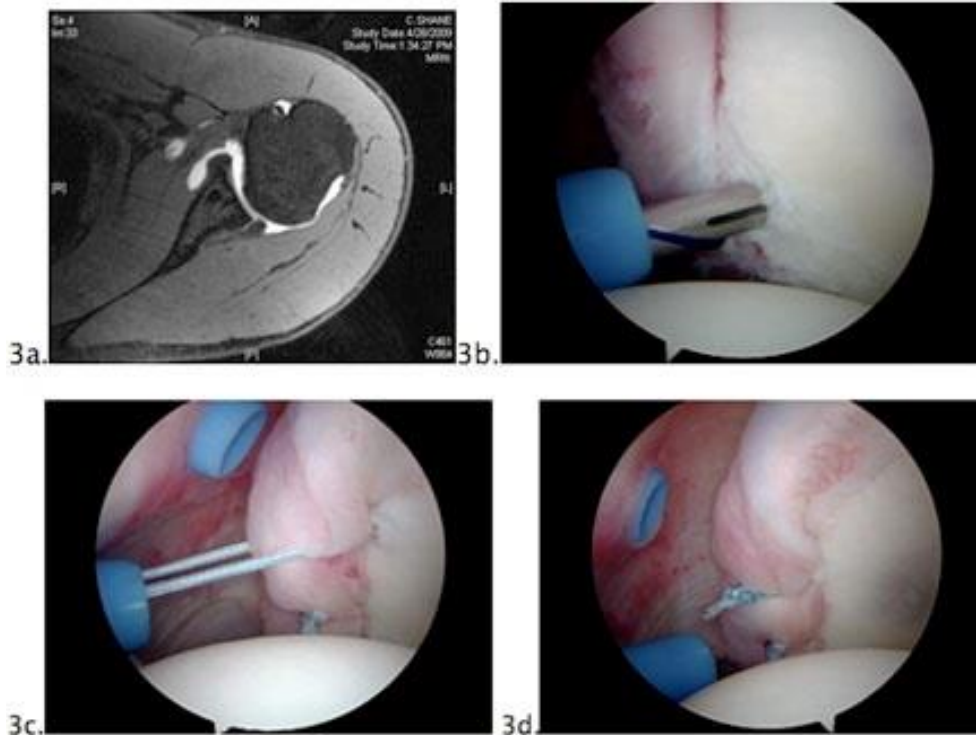


POSTERIOR LABRUM STABILISATION OF SHOULDER

THERAPIST INFORMATION



- Posterior stabilisation involves repair of the posterior labrum to glenoid using bone anchors.
- To allow healing to be effective do not push for IR in forward flexion for 6-8 weeks.

Shipra22

AIMS OF PHYSIOTHERAPY

- Increase gleno-humeral and scapula stability
- Posture training
- Achieve full range of movement

Dr Praveen Sarda, Consultant Orthopaedic Surgeon.

For more information and contact details, please visit www.drSarda.in

- Strengthen rotator cuff
- Improve scapula control and postural awareness
- Restoring proprioception with closed chain exercises

EARLY STAGE: Weeks 1-3

Aims	Treatment Guidelines
Minimise pain & swelling	<ul style="list-style-type: none"> • Analgesia - usually codeine and Paracetamol should suffice • Ice if needed
Protection of Repair	<ul style="list-style-type: none"> • Polysling (with ER brace in some cases - refer to op note)
Maintain ROM other joints	<ul style="list-style-type: none"> • Shoulder girdle, elbow, wrist and hand exercises • Initiate scapula setting • Postural awareness • pendular exercises
Function	<ul style="list-style-type: none"> • Teach axillary hygiene
Other	<ul style="list-style-type: none"> • Remove stitches at 2 weeks

MIDDLE STAGE: Weeks 3-6

Review with Consultant at 6 weeks unless clinically necessary earlier

Aims	Treatment Guidelines
Minimise pain & swelling	<ul style="list-style-type: none"> • Analgesia • Ice
Protection of Repair	<ul style="list-style-type: none"> • Sling removed at 4 weeks
Increase ROM	<ul style="list-style-type: none"> • Increase ROM as tolerated. Avoid FF in IR beyond 90 degrees
Function	<ul style="list-style-type: none"> • Strictly no gym activities

LATE STAGE: 6 weeks onwards

Aims	Treatment Guidelines
Increase ROM	<ul style="list-style-type: none">• Gradually increase range of movement• Hydrotherapy
Increase muscle control	<ul style="list-style-type: none">• Functional Gleno-humeral and scapula stability exercises• Rotator cuff strengthening
Proprioception & core stability	<ul style="list-style-type: none">• Core stability and proprioceptive exercises• Open and closed chain exercises

Return to Functional Activities

Following timelines are the earliest for these activities to be commenced. Of course the times are approximate and will vary with individuals.

- **Using computer** 3 weeks
- **Driving** 6-8 weeks
- **Swimming** Breaststroke – 10 - 12 weeks
Freestyle - 4-6 months
- **Golf** 4-6 months
- **Contact sports** 6 months onwards
- **Return to work** Dependent upon the patient's occupation.
- **Gym** Can start graded bench press and push ups after 3 months