

Shoulder Stabilisation – Rehab Guidelines

PHASE	WEEK	GOALS	INSTRUCTIONS
PHASE 1 PROTECT REPAIR & PREVENT STIFFNESS	Weeks 0-2	Pain control Protect repairs	Sling for first 6 weeks Analgesia Physio education Pendular exercises, elbow/wrist/hand exercises
	Weeks 2-6	Protect repair Prevent stiffness FF to 90, ER to neutral	Sling for first 6 weeks Supine PROM and AAROM (FF 90, ER 0) Avoid ER past neutral Shoulder shrugs and scapular retraction Can start hydrotherapy once wounds healed
PHASE 2 INCREASE ROM	Weeks 6-8	AAROM -FF 120, ABD 90, ER 20 -IR to LS junction	Discontinue sling AAROM exercises (wall walking, pulleys, stick exercises) Continue hydrotherapy
	Weeks 8-12	Achieve full ROM Regain normal scapulo-thoracic patterning Regain fitness	Progressive AAROM and AROM to full ROM Start low resistance Theraband exercises Recommence cardio fitness program (ideally machine based)
PHASE 3 STRENGTHENING & CONDITIONING	Months 3-4	Maintain full ROM Start strengthening	Progressive cuff and peri-scapular conditioning - bilateral shoulders - increasing resistance exercises (Theraband +/- gym) Unrestricted cardio fitness exercises
	Months 4-6	Maintain full ROM Advance strength and conditioning Return to full duties at work	Swimming Weights with increased resistance Return to full duties at 'standard' workplace - workplace assessment for 'unusual' occupations
PHASE 4 RETURN TO FULL ACTIVITY	Months 6+	Graduated return to sport Prevent re-injury	Full activities as tolerated Continue previous exercises (increasing resistance) Maintain contra-lateral shoulder strength/stability