



Kenneth Cutbush  
Shoulder Clinic



## **Dr Cutbush Shoulder Posterior Stabilisation Day and Biceps Tenodesis 1 Physiotherapy Guidelines**

The hospital physio will demonstrate how to fit your sling and how to eat, shower & dress whilst in your sling.

### **Goals:**

- Protect the healing labral and capsular repair – patient advised against any cross body motion, internal rotation, flexion with internal rotation movements.
- Protect the healing biceps tenodesis, no active elbow flexion.
- Assist in the management of pain and inflammation.
- Maintain limited GHJ PROM (*glenohumeral joint passive range of motion*) to avoid excessive stiffness.
- To ensure that by week 6 that the shoulder is appropriately tight.
- Maintain ROM (*range of motion*) in adjacent joints, ensure good scapula posturing.

### **Sling:**

- Sling is to be worn full time for 6 weeks except for showering and exercises
- Patient to come out of sling 2-3x/day to perform prescribed exercises only
- Check fit, demonstrate activities of daily living (showering, dressing etc)

### **Precautions:**

- No active use of GHJ (*glenohumeral joint*)
- Avoid stressing the healing repair by avoiding cross body movements/ IR (*internal rotation*)/Flexion
- No active elbow flexion

### **Therapy:**

- Ensure appropriate sling fit, sling position to place minimal tension on posterior repair in an element of ER (*external rotation*) (Gun slinger position). Patient taught to don/doff sling independently. Hand to align to body midline
- Appropriate use of ice
- ADLs (*activities of daily living*) – light function of hand within sling, no cross body motion or hand behind back motions in washing or dressing
- Patient instructed in passive ROM (*range of motion*) exercises for GHJ (*glenohumeral joint*) - passive pendulum in scapula plane to 80 degrees stick ER (*external rotation*) at neutral to 10 degrees; No internal rotation
- AROM (*active range of motion*) for adjacent joints
- Education on scapula posturing ensuring appropriate recruitment of upper and mid trapezius

### **Follow up:**

With local physio at 2 weeks to ensure pain managed, appropriate HEP (*home exercise program*), sling fit and precautions being followed. Formal physiotherapy program to begin after week 6 visit with Dr Cutbush

### **Dr Cutbush - Useful Information & Videos:**

<https://kennethcutbush.com/information/surgery-frequently-asked-questions>

<https://kennethcutbush.com/shoulders/rehabilitation>

Extend Rehabilitation [www.extendrehab.com.au](http://www.extendrehab.com.au)