



Kenneth Cutbush
Shoulder Clinic



Dr Cutbush Shoulder Global Stabilisation Day 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 educated to avoid ER/Abd/Ext (*external rotation/abduction/extension i.e. no reaching out to the side & behind*) combination movements as well as any cross body motion, internal rotation, flexion with internal rotation movements
- Assist in the management of pain and inflammation
- Maintain limited GHJ PROM (*glenohumeral joint passive range of motion*) to avoid excessive stiffness, maintain AROM (*active range of motion*) of adjacent joints
- To ensure that by week 6 that the shoulder is appropriately tight: Flexion to 90, ER (*external rotation*) (0) 0-10
- 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 Abd + ER (*abduction + external rotation*) or movements into elevation as well as any cross body motion, internal rotation, flexion with internal rotation movements

Therapy:

- Ensure appropriate sling fit, pt taught to don/doff sling independently
- Appropriate use of ice
- ADL (*activities of daily living*) advice – light use of hand only within sling
- Patient instructed in:
 - passive ROM (*range of motion*) exercises for GHJ (*glenohumeral joint*): passive pendulum to 80 degrees flexion, stick ER (*external rotation*) in neutral
 - AROM (*active range of motion*) for adjacent joints
 - scapula awareness, ensure appropriate recruitment of upper and mid trapezius

Follow up:

With local physio at 2 weeks to ensure pain managed, appropriate HEP (*home exercise program*) and precautions being followed, more formal physiotherapy to commence 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