



## **Dr Cutbush Shoulder Anterior 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
- 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

### **Therapy:**

- Ensure appropriate sling fit, pt taught to don/doff sling independently, hand to align to body midline
- 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 to 0- 10 degrees
  - 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>