

Arthroscopic Anterior Stabilization

Indications:

Performed for recurrent anterior dislocation or instability

Protocol:

Pre-operative rehabilitation is advisable

Post op	
Day 1 - 6 weeks	<p>Sling for 6weeks</p> <p>Teach axillary hygiene</p> <p>Teach postural awareness and scapular setting Core stability exercises as appropriate</p> <p>Do not force or stretch</p> <p>No combined abduction & external rotation</p>
6 - 12 Weeks	<p>Regain scapula & glenohumeral stability working for shoulder joint control rather than range Gradually increase ROM</p> <p>Strengthen</p> <p>Increase proprioception through open & closed chain exercise</p> <p>Progress core stability exercises</p> <p>Ensure and treat posterior tightness, if required</p> <p>Incorporate sports-specific rehabilitation</p> <p>Plyometrics and perturbation training</p>
Milestones	
Week 6 - 12	Active elevation to pre op level
Week 12	<p>Minimum 80% range of external rotation compared to asymptomatic side may take longer after open Latarjet</p> <p>Normal movement patterns throughout range</p>
Failure to achieve milestones	Referral to Marc Hirner

Return to functional activities	
Return to work	Sedentary job: as tolerated Manual job: 3 months
Driving	6-8 weeks
Swimming	Breaststroke: 6 weeks Freestyle: 12 weeks
Golf	3 Months
Lifting	Light lifting can begin at 6 weeks. Avoid lifting heavy items for 3 months.
Contact Sport	E.g. Horse riding, football, martial arts, racket sports and rock climbing: 3 months