

## Rehabilitation Guidelines | Posterior Shoulder Stabilisation

### What to expect during your recovery

Rehabilitation after posterior shoulder stabilisation is a **structured and protective process** designed to restore shoulder stability, movement, and strength while allowing the repaired tissues to heal. This procedure requires a **careful progression**, particularly in the early stages, to avoid placing stress on the repair.

Guidelines are provided here; however, adjustments may be made by your physiotherapist during recovery tailored to your individual progress.

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### General guidelines

- A specialised brace (if fitted) or normal sling is worn for **6 weeks**
- Early rehabilitation focuses on **protecting the repair and controlled movement**
- Movements across the body and excessive loading are restricted early

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### Weeks 0-6: Protection and basic movement phase

During the first phase, the focus is on protecting the repair while retaining basic movement

In this time:

- A **normal sling** should be used when ambulant, taking it off in the home for simple tasks and at a desk. It is not needed at night
- An **abduction brace or External rotation brace** if fitted must be left on full time other than for showers or exercise
- Normal movement of the elbow, wrist, and hand

Exercises

- Gentle pendular exercises
- External rotation to 30 degrees
- Forward bend forward flexion to 90 degrees
- Abduction to 90 degrees
- No internal rotation past the side (no hand placed behind the back)
- Grip strengthening
- scapular setting exercises

**Important:**

- Avoid shoulder movement outside of prescribed exercises
- Avoid cross-body movements
- Avoid lifting or forceful pushing
- Avoid driving in this time

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### Weeks 6-12: Restoring movement and early strengthening

The brace is discontinued (unless otherwise advised)

A normal sling is discontinued

Passive, assisted, and active shoulder movements begin

Driving is permitted

#### Physiotherapist directed program

Exercises in this phase

- Progress movement towards full range
  - Forward elevation as tolerated
  - External rotation as tolerated at the side
  - Internal rotation to the waist
- Isometric strengthening from **8 weeks**
- Resistance band exercises from around **10 weeks**
- Continued scapular stabilisation exercises

#### Important:

- Do not push or pull forcefully
- Do not lift heavy items out in front or overhead

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### 3-6 months: Strengthening and return to activity

Advanced exercises:

- Progressive strengthening: bands → weights
- Plyometric exercises (e.g. light ball work)
- Proprioception and stability training
- Finalising stretches to regain full motion in all directions including behind back
- Avoid posterior forces on the shoulder (e.g. bench press) until after 6 months

#### Return to activity

- Sport-specific rehabilitation from approximately **3 months** (non-contact)
- Return to throwing activities around **4-5 months**
- Return to collision sport **6 months +**
- Full recovery may take up to **12 months** in some cases

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### Your rehabilitation journey

Recovery after posterior shoulder stabilisation requires patience and consistency. Protecting the repair in the early stages and progressing gradually is essential for a stable and successful outcome.

#### Important note

These guidelines provide a general framework for recovery. Any specific instructions provided by Dr Richard Dallalana or by your treating physiotherapist should be followed in preference to these guidelines.