

### Arthroscopic Anterior stabilisation / SLAP repair

	<b>sling 3-4 weeks</b>		
	<b>No combined abd / ext rot for 4 weeks</b>		
	<b>check for posterior tightness</b>		
	<b>week 0-4</b>	<b>week 4-6</b>	<b>week 6-12</b>
pendular	•	•	
passive elevation	•		
scapula stabilising	•	•	•
core stability (in sling weeks 0-4)	•	•	•
active assisted elevation		•	
active assisted external rotation		•	
proprioceptive ex (below 90 ° minimal wt bear)		•	
isometric exercises	•	•	
active ROM		•	•
Strengthen			•
proprioception ( open and closed chain)			•
sports specific rehab			•

<b>Milestones</b>	
week 6	active elevation to pre-op level
Week 12	80% range of external rotation normal movement patterns

<b>Return to function</b>	
return to work	sedentary job - as tolerated Manual job - 3 months
Driving	6 weeks
Swimming	Breast stroke - 6 weeks crawl 12 weeks
Golf	3 months
Contact sports	4 months on completion of sports specific rehab