



Rehabilitation: Shoulder Stabilisation

This protocol is advisory only and should not be used except under the supervision of a qualified physiotherapy practitioner. It should serve as a guide but it is important to remember that the program must be tailored to each individual.

The aim of rehabilitation following shoulder stabilisation is to balance mobility with stability. Progress should depend on meeting intermediate goals rather than specific timeframes.

Stage 1 – Relative Rest

Weeks 1-6

Slings to be worn at all times (outside clothes)
Pendulum exercises
Postural exercises
Scapular setting exercises
Maintenance of movement in uninvolved joints

- Neck
- Shoulder girdle
- Elbow, wrist and hand

AVOID EXCESSIVE ABDUCTION AND EXTERNAL ROTATION

Stage 2- Increasing Movement

6 weeks +

Discard sling
Active assisted – active
Progress scapular stability
Proprioceptive work
Isometric rotator cuff strengthening throughout range of movement

- Theraband

AVOID FORCING THINGS!

Stage 3- Improving Function

8 weeks +

Increasing abduction and external rotation
Occupational / sports specific training

- Driving from 6 weeks
- Work from 4 weeks (manual occupations may require longer)
- Contact sport 4-6 months