

SHOULDER PHYSIOTHERAPY REFERRAL

Arthroscopic Anterior Stabilisation

Dear Physiotherapist,
Thank you for seeing:

Surgery Date:

Preoperative Diagnosis: Left / Right anterior instability

Surgical Procedure: Arthroscopic anterior shoulder stabilisation (lateral position)

Treatment Required: Could you please commence the following: **Wean sling from 6 weeks post op**

SHOULDER		Days	Week
ROM	closed chain passive desk slide exercises		6
	Forward elevation - Passive		6
	- Active assisted		6
	- Active supine		6
	- Active erect		6
	External rotation - Passive		6
	- Active		6
	IR / Posterior capsular stretch		10
Strength	Light ER in adduction therapy (<40% max)		10
	Non weight-bearing scapular stabilisation		6
	Lifting limit of 1kg until: (Add 1kg per week as tolerated)		12
	Proprioceptive exercises		12
ELBOW			
ROM	Passive	1	
	Active	1	

Avoid abduction and external rotation loading for 6 months

Please notify me by phone, fax or email if you have concerns re:

- Excessive pain
- Excessive stiffness
- Concerns about compliance.

With thanks

Dr Alan Dao Date: _____