Dr Katherine Gordiev Rehabilitation Protocol
Anterior Shoulder Stabilisation

The intent of the following protocol is to provide physiotherapists and patients with a guideline for the post-operative rehabilitation course. It is not intended to be a substitute for clinical decision-making regarding the progression of a patient's post-operative course based on their specific procedure details, examination findings and individual circumstances.

Dr Gordiev will communicate with your physiotherapist regarding your surgery and the postoperative protocol. If clarification is required, please contact Dr Gordiev.

Review dates with Dr Gordiev after surgery are as required, but typically:
- 8-10 days
- 6 weeks
- 12 weeks
- 6 months

Weeks post surgery	Instructions/ Exercises	Restrictions
0-6 weeks	Wear sling at all times except for showering & when performing exercises. Leave dressings intact and keep wounds dry until postop review. Pain relief: • Paracetamol every 6-8 hours • Long and / or short acting medications as prescribed • Application of ice sleeve for 7-10 days, then after exercise or for pain Exercises: • Postural / scapular retraction • Active Elbow flexion/ extension • Active wrist and finger range • Walking encouraged • Stationary bike permitted while wearing sling • Isometric muscle contractions of cuff and deltoid	No: • lift • reach • push • pull • pendulums with operated arm No driving Avoid running/ jogging Minimal shoulder passive range of motion Minimise use of anti inflammatories
6-12 weeks	Wean out of sling Commence driving Exercises: • Postural / scapular retraction • Active Elbow flexion/ extension • Active wrist and finger range • Passive and Active shoulder range of motion • Theraband strengthening progressing to free weights • Walking and stationary bike encouraged • Hydrotherapy encouraged	Avoid loading shoulder in position of abduction/ external rotation (ABER)
From 12 weeks	Progressive strengthening Resistance exercises Work and sport specific rehabilitation including overhead and contact, with full contact sport at >/= 7 to 9 months	Ensure loading is graduated