



ANTERIOR SHOULDER STABILISATION

Week	Brace	Rehabilitation
0 to 3 weeks	Day & Night	Pendulum exercises Isometric deltoid Forward flexion to 90 degrees Abduction for hygiene purposes (20 to 30 deg) Ext rotation UPTO neutral only with the arm by the side of the body Scapular sets
3 to 6 weeks	Night	Forward flexion to 130 degrees Abduction to 90 degrees External rotation up to 20 degrees Exercises as before
6 weeks to 3 months	Nil	Aim for full ROM in all directions (Except combined abduction & external rotation) Cuff strengthening Strengthening for scapular stabilisers Core stabilisation
3 months to 6 months	Nil	Strengthening + sport specific training

Dr. Sanjay Garude
MS Orth; D'Orth; FCPS Orth;
DNB; MCh Orth (Liverpool, UK)

Orthopaedic Surgeon &
Arthroscopist

Please note that this is a general rehabilitation program for most anterior shoulder stabilisations.

There may be individual variations in patients depending upon the actual surgical details.

This will be conveyed to the patient at the time of follow up visits depending on the progress made.

Kindly adhere to the rehab program and any changes should be made only after consultation with the surgeon.

Consultation

Lilavati Hospital
Monday to Friday
6.00 pm to 8.00 pm
Appointments
26455891 / 26438281
Extn. 2052 / 54

Nanavati Hospital
26182255

Chembur Clinic
Saturday
11.00 am to 1.00 p.m.
Appointments
25284469 / 25281369

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