



## DR CHEN TU PROTOCOL

# ARTHROSCOPIC SHOULDER STABILISATION

### Physiotherapy follow-up recommended



The aim is to protect the repair while gradually restoring movement, strength and confidence.

#### 0-6 WEEKS

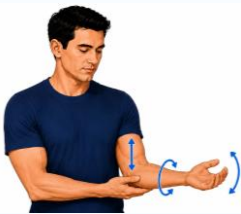
#### PROTECT THE REPAIR

- Sling for 6 weeks; remove for hygiene and exercises.
- Keep neck, elbow, wrist and hand moving.
- Gentle protected shoulder movement as directed.
- Maintain general fitness and lower limb exercise.

#### IMPORTANT

- ✗ Avoid combined abduction and external rotation
- ✗ Do not force or aggressively stretch
- ✗ No heavy lifting, pushing or pulling

Exercise examples only — your physiotherapist will teach technique and progression.



Hand / wrist / elbow



Pendulum



Scapular setting



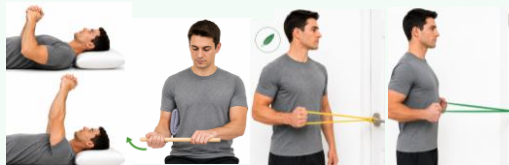
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A little stiffness early is safer than stretching the repair too soon.

#### 6-12 WEEKS

#### RESTORE MOVEMENT AND STRENGTH

- Discontinue sling.
- Progress assisted to active shoulder movement.
- Work towards comfortable functional range.
- Increase external rotation gradually, not by forcing it.
- Begin physio-guided cuff and shoulder blade strengthening.



Assisted motion Gentle rotation Cuff control Scapular control

Exercises are progressed by your physiotherapist. Avoid aggressive stretching into the vulnerable position.

#### 3-6 MONTHS

#### BUILD STRENGTH AND RETURN TO ACTIVITY

- Progress strengthening and endurance through range.
- Increase functional loading gradually.
- Progress overhead activity where appropriate.
- Introduce work or sport-specific rehabilitation.
- Return to heavier work and recreation gradually.



Cuff strength

Scapular strength

Shoulder control

Functional drills

Return to sport is based on strength, control and confidence, not time alone.

#### TYPICAL MILESTONES

1

#### 2-6 WEEKS

- Sedentary work as comfortable.
- Minimal lifting.
- Remain in sling.

2

#### ~ 6 WEEKS

- Sling discontinued.
- Begin more active rehab.
- Driving may be considered once safe and out of sling.

3

#### ~ 12 WEEKS

- Near-full functional movement.
- Progress manual work and heavier lifting.

4

#### ~ 6 MONTHS

- Consider return to contact or collision sport once strength, control and confidence have returned.

#### KEY POINTS TO REMEMBER



Sling 6 weeks



Protect repair



Do not force



Progress gradually



#### POSITION TO AVOID EARLY

Avoid the arm-out-to-the-side and rotated-backwards position early.