

**Mr Mark S. Falworth MBBS FRCS(Eng) FRCS (Orth)**  
**Consultant Orthopaedic Surgeon**  
**Shoulder and Elbow Surgery**

---

Spire Bushey Hospital  
Heathbourne Road  
Bushey  
Watford  
Herts, WD23 1RD

Royal National Orthopaedic Hospital  
Brockley Hill  
Stanmore  
Middlesex  
HA7 4LP

The Stanmore Clinic  
HCA Elstree Waterfront  
The Waterfront  
Beaufort House, Elstree Rd.  
Herts, WD6 3BS

**Appointments & Queries:**  
**Practice Manager:** Lynn Etherton  
**Telephone:** 020 7042 1807  
**Fax:** 020 7042 1808  
**Email:** lynn.ertherton@phf.uk.com

*All correspondence to Spire Bushey Hospital*

**Physiotherapy protocol: SCJ Stabilisation**

Weeks 0-6:

- Patient to remain in external rotation sling for 6 weeks
- Collar in cuff for shower but attempt to maintain in neutral rotation
- Elbow ROM, wrist ROM, grip strengthening
- Shoulder Passive and Active Assisted ROM exercise only so as not to activate Pec. Major
- Shoulder ROM goals: 90° FE, 20° ER at side, ABD max 45° without rotation; avoid IR (undertake in scapular plane)
- No resisted shoulder motion until 6 weeks post-op
- Scapular setting exercises
- Heat before exercises and ice after.

Weeks 6-12:

- Proceed to passive ROM exercises to re-establish a Full ROM
- Once full range regained proceed to AAROM → AROM as tolerated
- Goals: re-establish full range of movement with 160 FE, 30 ER increasing as tolerated
- Light passive stretching at end ranges

Months 3-6:

- Advance strengthening as tolerated: isometrics → bands → light weights (1-2Kg); 8-12 reps/2-3
- Be careful not to overdue strengthening as this could jeopardise stability
- No significant lifting or collision sports until 6 months

Comments: