

Appendix 1. Physiotherapy programme [posted as supplied by author]

Mobilisation Techniques

- Thoracic spine: 1. extension mobilisation or manipulation
- Acromioclavicular joint: 2. anteroposterior (AP) mobilisation
 3. rotation mobilisation
- Glenohumeral: 4. Superior glenohumeral ligament
 - 30° abduction, lateral rotation (LR), longitudinal caudad mobilisation
5. Inferior glenohumeral ligament
 - 90° abduction, longitudinal caudad mobilisation with varying degrees lateral rotation
6. Posterior capsule
 - AP mobilisation, neutral to 90° abduction, with varying degrees medial rotation (MR)

Exercises & Stretches

Early stage rehabilitation

1. pendular exercises +/- hand weight to give distraction
2. active assisted range of movement exercises in pain-free range
3. active scapula exercises – all planes of movement
4. middle/lower trapezius exercises. Scapula setting in prone or sitting
5. isometric LR. Varying degrees abduction.
6. active/passive thoracic extension

Middle stage rehabilitation

7. Weight bearing through hands in standing or 4 point kneeling + scapula pro/retraction
8. Supine or prone. scapula plane LR/MR in 90° abduction
9. Scapular stabilisation programme: Dissociation exercises for elevation/abduction with scapula set
10. Core stability. Transversus abdominis.
11. LR with light weight to end of pain free range. In varying degrees abduction/elevation (30-90°) as pain allows.
12. Elevation with posterior cuff facilitation with theraband
13. Subscapularis hand behind back lift off in prone

Late stage rehabilitation

14. Theraband LR in neutral, progressed with increasing abduction/elevation
15. Theraband forward punch
16. Proprioceptive neuromuscular pattern exercises
17. Subscapularis hand behind back pushing against wall.

Stretches

18. levator scapulae
19. posterior capsule
20. anterior capsule; stretches into lateral rotation
21. rhomboids
22. pectoralis minor
23. biceps