



Infinity-Lock™ Button System Rehabilitation Programme

The rehabilitation programme should be supervised by a physiotherapist. All mobilisation and exercises should be performed within the pain free range of movement. The patient should be warned not to exceed the prescribed activity levels or to overload the repair before complete healing has occurred.

Post Op Day 1 - 3 Weeks

- Sling for 3 weeks (athletes may wean off sooner under guidance of club therapist)

Level 1 Exercises

- Teach the patient axillary hygiene
- Teach postural awareness and scapular setting
- Core stability exercises as appropriate
- Proprioceptive exercises (minimal weightbearing below 90 degrees)
- Active assisted flexion as comfortable
- Active assisted external rotation as comfortable
- Do not force or stretch

3 - 6 Weeks

- Wean off sling

Level 2 - 3 Exercises

- Progress active assisted to active ROM as comfortable
- Do not force or stretch

6 - 12 Weeks

Progress Level 3+ Exercises

- Regain scapula and glenohumeral stability working on shoulder joint control rather than range
- Gradually increase ROM
- Strengthen
- Increase proprioception through open and closed chain exercises
- Progress core stability exercises
- Incorporate sports-specific rehabilitation
- Plyometrics and perturbation training

This example rehabilitation guide is reproduced with permission of **Mr. S Vollans**, Consultant Orthopaedic Surgeon, Leeds Teaching Hospitals NHS Trust, UK.

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