## **Shoulder Stabilisation Rehabilitation Journal**

Long-term Rehabilitation Goal

Weekly Rehabilitation Goal

Weeks Since Surgery

Day	Date	Clinic Y/N	Guided Imagery	% Rehabilitated	Pain (0- 10)	Goal Progress (0- 10)	Self-Talk	Comments
Example Day	12/1/2023	Υ	3	45%	2	8	Day by day my shoulder is stronger and stronger	Shoulder felt much better today! Worked hard at rehab. Rewarded myself with an ice-cream on the way home
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								