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Post-Operative Rehabilitation Guidelines for
Latarijet – Open Anterior Shoulder Stabilization

Phase I – MAXIMAL PROTECTION (0–4 Weeks Post–Op)

- **Immobilization** for 4 weeks using sling.
- Elbow A /AAROM: flexion and extension.
- **Protect anterior and posterior capsule from stretch, but begin passive ROM**
- Limit FE (supine forward elevation in the scapular plane) to 90 degrees
- Limit ER (external rotation) to neutral 30 degrees
- **Do Not** perform Pendulums
- Modalities (i. e. CryoCuff) as needed
- Wrist and gripping exercises.
- Begin Deltoid /Cuff **isometrics**
- Removal of sling for showering: **maintain arm in sling position.**

Phase II – MODERATE PROTECTION (4–6 Weeks Post–Op)

- A /AAROM Limit FE (forward elevation in the scapular plane) to 140 degrees
- A /AAROM Limit ER (external rotation) to 45 degrees
- Progress from AAROM to AROM:
 - Quality movement only–**avoid forcing** active motion with substitution patterns.
 - Remember the effects of gravity on the limb, do gravity eliminated motions first ie. supine elevation in the scapular plane.
- Deltoid isometrics.
- Elbow AROM
- Continue with wrist exercises
- Modalities PRN.
- Discontinue sling at 4–6 weeks.

Phase III – MINIMAL PROTECTION / MILD STRENGTHENING (6–12 Weeks Post–OP)

- A /AAROM No Limit FE (forward elevation in the scapular plane)
- A /AAROM No Limit ER (external rotation)
- 10–12 weeks, AIAA /PROM to improve ER with arm in **45 degree** abduction.
- AROM all directions below horizontal, light resisted motions in all planes.
- AROM activities to restore flexion, IR, horizontal ADD as tolerated.
- Deltoid, Rotator Cuff isometrics progressing to isotonics.

- PRE's for scapular muscles, latissimus, biceps, triceps.
- PRE's work rotators in isolation (use modified neutral).
- Emphasize **posterior cuff, latissimus, and scapular muscle** strengthening, stressing eccentrics.
- Utilize **exercise arcs** that protect anterior and posterior capsule from stress during PRE's.
- Keep **all** strength exercises below the **horizontal plane** in this phase.

Phase IV – STRENGTHENING (12–16 Weeks Post-Op)

- CRITERIA:
 - Pain-free AROM
 - Pain-free with manual muscle test
 - Progress by response to treatment
 - AROM activities to restore full ROM.
- Restore scapulohumeral rhythm.
- Joint mobilization.
- Aggressive scapular stabilization and eccentric strengthening program.
- Initiate isotonic shoulder strengthening exercises including: side lying ER, prone arm raises at 0, 90, 120 degrees, elevation in the plane of the scapula with IR and ER, lat pulldown close grip, and prone ER.
- Dynamic stabilization WB and NWB.
- PRE's for all upper quarter musculature (begin to integrate upper extremity patterns).
Continue to emphasize eccentrics and glenohumeral stabilization.
- All PRE's are below the horizontal plane for non-throwers.
 - Begin isokinetics
 - Begin muscle endurance activities (UBE).
 - High seat and low resistance
 - Must be able to do active shoulder flexion to 90 degrees without substitution
 - Continue with agility exercises.
 - Advanced functional exercises.
 - Isokinetic test.
 - Functional test assessment.
 - Full return to sporting activities.