



Shoulder Stabilisation and Latarjet - Post Operative Rehabilitation Protocol

☐ Anterior or Latarjet ☐ Posterior

Summary:

- Use of a sling for 6 weeks post-op unless otherwise indicated.
- Okay to shower once wounds are dry.
- Arm is restricted from these movements for 6 weeks:
 - * Extension past the plane of the body.
 - * External rotation (ER) greater than 0 degrees (extensive repairs may require more restrictions)
 - * For posterior repairs, avoid any internal rotation (IR) past the body.
- No passive forceful stretching into external rotation/extension for 3 months following an anterior repair and into internal rotation for a posterior repair.
- Maintenance of good postural positioning when performing all exercises.
- Aerobic conditioning throughout the rehabilitation process.
- Follow-up 2 weeks, 6 weeks, 3 months, 6 months and 1 year.

Week 0 - 2 post-op:

- Ice shoulder every 2 hours for 15-20 min during wake hours for first 2 weeks.
- Wound review at 2 weeks (GP, wound clinic or Dr Chien)

Exercise:

Home program to consist of:

- Elbow flexion / extension, wrist and forearm strengthening, cervical stretches, postural education and exercises.
- *It is important to come out of the sling frequently to bend and straighten elbow for 10-15 repetitions each time to minimize arm and hand swelling.
- Stationary bike or stair machine without putting weight on arms.

Goals:

Decrease pain and edema.
Initiate passive range of motion to shoulder per restrictions (anterior- no ER/Ext, posterior-no IR). Full elbow range of motion.

Weeks 2 - 6 post-op:

- Dr Chien rooms at 6 weeks

Exercise:

- Begin isometrics in all planes as tolerated.
- General conditioning as tolerated (include trunk flexion & extension exercises).

Goals:

Decrease pain and edema.



6 - 12 weeks post-op:

- Out of sling
- Dr Chien rooms at 12 weeks

Exercise:

- Passive and active assisted flexion out to the scapular plane as tolerated.
- Continue to increase active range of motion exercises as tolerated.
 - Begin LIGHT stretching into external rotation.
 - Begin LIGHT glenohumeral joint mobilization.
 - Add light resistance internal rotation exercises from 0 degrees to the body only.
 - Increase proprioceptive training.

Goals:

Initiate tolerance to hand behind head/back exercises.

12 weeks – 6 months post-op:

- Dr Chien at 6 months
- Active range of motion exercises to include internal rotation and external rotation as motion allows, lateral raises and supraspinatus isolation, rower with a high seat, decline bench press, military press in front of body.
- Aggressive stretching; begin strenuous resistive exercises.

>6 months:

- Increase throwing program/sport-specific program. Focus on return to sports as mechanics, conditioning, and strength.