



## Post-Operative Therapy: Shoulder Latarjet

Note: This pathway is designed to serve as a guide to rehabilitation. Indications for progression should be based on patient's complete operative procedure, functional capacity and response to treatment.

### Protective Phase | Phase I – Immediate Motion Phase | Weeks 0-7

#### Weeks 0-2

- Sleep in immobilizer for 4 weeks
- Immobilizer 24hours/day except for PT
- Elbow and Hand ROM
- Hand gripping exercises
- Gentle shoulder AAROM exercises with T-bar or cane
  - Flexion to tolerance (90 degrees max)
  - ER and 20 degrees Abduction – to tolerance (maximal motion 15-20 degrees)
  - IR at 20 degrees Abduction – to tolerance (maximal motion 45 degrees)
  - Rope and Pulley
- **Isometrics for ER, IR, abduction, biceps with arm at side (0 degrees abduction)**
- Cryotherapy and modalities as needed

#### Weeks 3-4

- Discontinue use of immobilizer **except for sleep**
- Continue gentle ROM exercises with T-bar (cane)
  - Flexion to tolerance (maximal 120-140 degrees)
  - ER (45 degrees abduction) – acceptable 20-30 degrees
  - IR in (45 degrees abduction) – acceptable 45-60 degrees
  - Initiate light isotonic for shoulder musculature – abduction, supraspinatus, ER, IR and biceps
  - Initiate scapular strengthening exercises with emphasis on trapezius and serratus anterior
  - Continue use of cryotherapy

#### Weeks 5-6

- Gradually improve Rom with T-bar (cane)

- Flexion to maximum 160 degrees
- ER at 90 degrees abduction: 45-60 degrees (maximum)
- IR at 90 degrees abduction: 65-75-60 degrees (maximum)
- Diagonal patterns, manual resistance
- Rhythmic stabilization progression
- Progress all strengthening exercises in neutral position

## Rehabilitation Phase | Phase II – Intermediate | Weeks 8-14

### Weeks 8-10

- Progress to full Rom (weeks 8-10)
  - Flexion to 180 degrees
  - ER at 90 degrees abduction: (90 degrees)
  - IR at 90 degrees abduction: (85 degrees)
- Continue to progress isotonic strengthening program
- Continue all scapular strengthening
- Initiate isokinetic exercise program in neutral if available

### Weeks 10-14

- Continue all flexibility exercises, self-capsular stretches
- Throwers 10 program
- Diagonal pattern manual resisted exercise programs
- UBE 90 degrees abduction

## Rehabilitation Phase | Phase III – Advanced Phase | Months 4-6

- Continue all stretching exercises (capsular stretches)
- Maintain throwers motion (especially ER)
- Continue throwers 10 program
- Isokinetic ER/IR (90-90 position)
- Plyometric exercises
  - May begin interval throwing program when approved by physician

## Rehabilitation Phase | Phase IV – Return to Activity | Months 6-9

- Aggressive strengthening program for shoulder and scapular musculature
- Continue throwers 10 program
- Progress interval throwing
- Begin unrestricted throwing