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ORTHOPAEDIC SURGERY | SPORTS MEDICINE

Rehabilitation Protocol: Latarjet Procedure/ Open Coracoid Transfer, Anterior Shoulder Stabilization

Phase I, Maximal Protection Phase
0-4 weeks

- Brace: Shoulder immobilizer at all times except during exercise & hygiene
- Immobilization for 4 weeks
- Elbow A/AAROM: flexion and extension
- Protect anterior and posterior capsule from stretch, but begin passive shoulder ROM only - do not force
- Limit FE (supine forward elevation in scapular plane) to 90 deg
- Limit ER (external rotation) to neutral 30 degrees at side
- DO NOT perform pendulums
- Modalities PRN
- Wrist and gripping exercises
- Begin deltoid/cuff isometrics
- Removal of sling for showering: maintain arm in sling position

Phase II, Moderate Protection Phase:
4-6 weeks

- Brace: Shoulder immobilizer
- A/AAROM limit FE in scapular plane to 140 deg
- A/AAROM limit ER to 45 deg
- Progress from AAROM to AROM
    - Quality movement only-avoid forcing active motion with substitution patterns
    - Do gravity eliminated motions first eg. Supine elevation in the scapular plane
- Deltoid isometrics
- Elbow AROM
- Continue with wrist exercises
- Modalities PRN

Phase III, Minimal Protection Phase:
6-12 weeks

- Discontinue sling
- A/AAROM no limit FE in scapular plane
- A/AAROM no limit ER
- AROM all directions below horizontal, light resisted motions in all planes
- AROM activities to restore flexion, IR, horizontal adduction as tolerated
- Deltoid, rotator cuff isometrics progressing to isotonics
- PREs for scapular muscles, latissimus, biceps, triceps
- PREs work rotators in isolation
- Emphasize posterior cuff, latissimus, and scapular muscle strengthening, stressing eccentrics
- Utilize exercise arcs that protect anterior and posterior capsule from stress during PREs
- Keep all strength exercises below the horizontal plane

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Phase IV, Strengthening Phase:
12+ weeks

- Criteria:
  - Pain free AROM
  - Pain free with manual muscle test
  - Radiographic healing
- Work on gentle ER with arm in 45 deg abduction
- 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 plane of scapula with IR and ER; lat pulldown close grip; prone ER
- Dynamic stabilization WB and NWB
- PREs for all upper quarter musculature. Continue to emphasize eccentrics and glenohumeral stabilization.
- All PREs are below the horizontal plane for non-throwers
  - Begin isokinetics
  - Begin muscle endurance activities (upper body ergometer)
    - High seat and low resistance
    - Must be able to do active shoulder flexion to 90 deg without substitution
  - Continue with agility exercises
  - Advanced functional exercises
  - Isokinetic test
  - Functional test assessment
- Full return to sporting activities at discretion of MD - typically minimum 6 months

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