

Shoulder Latarjet or Open Instability Surgery protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● Elbow ROM ● Initiate shoulder passive motion ● Decrease swelling 	<p>Abduction sling at all times</p> <p>Sling for total of 5 weeks</p>	<ul style="list-style-type: none"> ● PROM limitations: ER 30, IR full, FE 90, Ab to tolerance ● Codman shoulder pendulums ● Do NOT force any painful motion, respect anterior capsule integrity ● No 90-90 ER stretching x 5 weeks <p>Modalities:</p> <ul style="list-style-type: none"> ● GameReady ● Compression ● Edema control 	<ul style="list-style-type: none"> ● Neck, elbow, wrist ROM ● Scapular retraction and depression ● Pendulums
<p>Phase 2 (3-5 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● PROM ● Introduce AAROM 	<p>Remove abduction pillow at 4 weeks</p>	<ul style="list-style-type: none"> ● PROM LIMITATIONS: ER 60, IR to tolerance, FE full, full abduction/scaption <p>No forceful ER or Abduction</p> <ul style="list-style-type: none"> ● Begin active assist ROM week 4 <p>Modalities:</p> <ul style="list-style-type: none"> ● Gentle Massage ● Cryotherapy 	<ul style="list-style-type: none"> ● Continue neck, elbow, hand ROM ● Continue pendulums ● Progress PROM ● Scapular stabilizers ● Active assist: ER/IR, FE/scaption ● Isometrics: ER/IR, biceps/triceps

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<p>Phase 3 (6-10 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Full PROM • (full FE, ABD, ER, IR) • Progress AROM • Begin strengthening 	<p>Wean from sling starting week 6</p> <p>5 lb. weight limit until week 8</p>	<ul style="list-style-type: none"> • Full PROM • ER to tolerance at varying levels of abduction • AROM – progress to full <p>Modalities:</p> <ul style="list-style-type: none"> • Ice/stim PRN 	<ul style="list-style-type: none"> • AROM: Sidelying external rotation, salutes, prone extension and horizontal abduction • Starting week 8: Low load prolonged stretching: towel internal rotation, cross arm, sleeper • Endurance starting week 8: IR and ER, theraband rows, prone lower trap, punches with plus • Closed chain stability • No heavy lifting or plyometrics • Goals to progress to next phase: • FE PROM 155, ER PROM within 10 degrees contralateral side at 20 degrees abduction, appropriate scapular posture at rest, able to achieve exercises
<p>Phase 4(10-15 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Maintain full AROM and PROM • Regain strength and muscle bulk • Normalize strength and control 	<p>increase weightbearing</p> <p>no restrictions</p>	<ul style="list-style-type: none"> • Full A/PROM 	<ul style="list-style-type: none"> • ER strength at 45 and 90 degrees • Single arm strengthening, dumbbell progression • Statue of liberty • Advance to plyometrics once aggressive resistive exercises are at full strength • Subscap strength (cross body, forward punch, IR resistance band, push-ups plus)
<p>Phase 4(16+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Full strength • Sport specific training 	<p>No immobilization</p>	<ul style="list-style-type: none"> • Full A/PROM • Prolonged overhead activities 	<ul style="list-style-type: none"> • Overhead strengthening • Return to upper extremity weightlifting program • Increase plyometrics of upper extremities • Initiate pre-injury levels of activity