



FOX VALLEY ORTHOPEDICS

SHOULDER LATARJET

***regular starts PT @3 wks post op**

***conservative protocol starts PT @6wks post op**

Sling x 6 weeks

PHASE 1

Week 3 (start)

- Precautions
 - Immobilizer / sling use x 6 weeks, sleep w/ sling
 - protect subscap & coracoid transfer- No aggressive ER or extension x 6 weeks
- PROM
 - No shoulder AROM
 - Elbow, wrist, hand AROM
 - Passive supine forward elevation to tolerance
 - IR to 45 degrees at 30 degrees of abduction
 - ER in scapular plane from 0-25 at 30 degrees of abduction
- Strengthening
 - Initiate scapular retraction / depression / scapular clocks
 - Scapular isometrics
- Modalities
 - Ice, electrical stimulation

PHASE 2

Week 4-9

- Precautions
 - Immobilizer / sling for 6 weeks post-op
 - No lifting, excessive ER
 - No activities that put excessive load on anterior shoulder (no push ups, flys)
 - PROM, AAROM EARLY PHASE 2
 - No shoulder AROM until 6 wks**
 - PROM shoulder, goal of 100 degrees passive elevation and 30 degrees passive ER at 20 degrees abduction PRIOR to AROM
 - Continue pendulum exercises as necessary
- PROM: Abduction in scap plane to tolerance
IR to 45 degrees at 30 degrees abduction
ER in scap plane from 0-45 at 30-40 of abduction

LATERJET

- Strengthening
 - Continue strengthening exercises from Phase 1
- Manual techniques
 - STM to regions of restrictions
 - Begin posterior capsule stretching
 - cross body adduction, side lying IR (sleeper stretch)
 - Manual resisted scapular retraction / depression
- Modalities
 - Ice, electrical stimulation

LATE PHASE 2 (AROUND WEEK 6)

Progress PROM

Forward elevation and abduction in scap plane to tolerance

IR as tolerated at multiple angles of abd

ER progress to multiple abd angles once ER >35 at 0-40 of abd

Glenohumeral and scapulothoracic joint mobs

Progress to AAROM and AROM (around 6 weeks)

Start rhythmic stabilization drills

-ER/IR in scap plane

Strengthening

Initiate full-can scap raises to 90 degrees

ER/IR strength w/ T-bands (arms at side)

Light manual resistance ER supine in scap plane

Prone rowing at 30/45/90 of abduction to neutral position

Focus on endurance w/ high reps/low resistance

Achieve full elevation in scap plane prior to achieving elevation in other planes

PHASE 3 (focus on strength) week 10-15

Precautions: Continue to avoid excessive load on anterior shoulder

No above the shoulder strength until 4 months post op

- PROM, AAROM, AROM
 - PROM shoulder all planes- progressing toward full
 - Initiate wand and pulley (all directions), wall washing
- Strengthening
 - Patient must demonstrate correct performance of all strengthening exercises without scapular / shoulder hiking before advancing to more challenging exercises
 - 10 weeks: light biceps strength
 - 12 weeks: gradual pec major/minor strength (avoid extreme abd/ER)
 - Initiate gentle rotator cuff strengthening within patient tolerance- supine / standing flexion and scaption, IR / ER with tubing, side lying ER
 - Progressive subscap strength:
 - push ups (wall, counter, then knees on floor)
 - cross-body diagonals w/ resistive tubing
 - IR resistive bands at 0,45,90 abduction

- Stretching
Posterior / inferior capsule, pectoralis stretching
- Modalities
Ice, electrical stimulation

PHASE 4 (overhead and return to activity) weeks 16-30

Week 16: begin active strengthening above the shoulder

Maintain full AROM

Precautions: Avoid tricep dips, wide grip bench, military press and lat pull downs behind head

- Strengthening
Continue with strengthening exercises from previous phases
*Avoid adding resistance to exercises that stress repair site-
focus on low load strengthening within patient tolerance
Initiate serratus push-up progression
Continue scapular strengthening exercises
Add gentle upper extremity closed chain exercises

-Ok to begin isotonic strength
-Strengthen overhead once ROM and strength below 90 is good
-emphasis on large, primary UE muscles including deltoid, lats,
pec major
- Modalities as necessary

May begin throwing/overhead athletics after 5 months post op
Soonest return to full activity is 6 months post op

*When indicated, all surgeons wait 5-6 months to start WH/WC program