

ORTHOPEDIC AND SPORTS MEDICINE CENTER

SPORTS MEDICINE DIVISION
COMBINED REHAB PROTOCOLS



Latarjet and Revision Stabilization Rehab Protocol

Edited: Feb-16

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TIMELINE

GOALS

EXERCISES/METHODS

<p>Early Post-operative Day 1-week 3</p>	<ul style="list-style-type: none"> Minimize shoulder pain and inflammatory response Protect integrity of surgical repair Gradually restore PROM Promote normal scapular function 	<ul style="list-style-type: none"> Scapular clocks, ball squeezes, table slides 2 way, cervical AROM, elbow AROM exercises, Codman's pendulums, scap retractions/depressions Grade I and II GH joint mobs avoiding anterior glide Patient education on joint positioning, hygiene, posture Frequent cryotherapy
<p>Goals/Restrictions/Milestones:</p> <ul style="list-style-type: none"> 100 degrees passive forward elevation 30 degrees passive ER in 20 degrees shoulder abduction (open packed position) Appropriate healing of the surgical site 		
<p>Healing and Protective: 3-6 weeks Begin waist level activities Week 4: PROM fwd flexion to tolerance Abduction in scapular plane to tolerance IR/ER to 45 degrees at 30 abduction</p>	<ul style="list-style-type: none"> Protect surgical repair integrity Gradual restoration of PROM Sling weaning 4 weeks Begin waist level activities Promote normal scapular function 	<ul style="list-style-type: none"> Wand exercises, submaximal RTC isometrics (flex,ext,IR,ER, abd), PRES of rhomboids, middle and lower traps, serratus anterior, pulleys(week 5), cross body adduction stretch, sleeper stretch Continue with joint mobilizations as indicated, incorporate scapulothoracic and thoracic mobs as needed Scapular retractor and upward rotator strengthening
<p>Goals/Restrictions/Milestones:</p> <ul style="list-style-type: none"> Passive forward elevation to 155 degrees Passive ER to 35 degrees in multiple plans of shoulder abduction (no greater than 45 degrees) Passive IR to 70 degrees at 90 abduction Minimal pain with PROM 		
<p>Intermediate Phase: 6-12 weeks ROM: avoid excessive ER ROM, progress AROM with-in tolerance for forward elevation, scaption, abduction Discontinue use of sling</p>	<ul style="list-style-type: none"> Progress A/AAROM as tolerated with good shoulder mechanics PROM full Initiate balanced AROM and strengthening in low dynamic positions Gain muscular endurance(low load, high reps) 	<ul style="list-style-type: none"> Joint mobilizations grade I-IV UBE at week 6 Biceps curls with light resistance Rhythmic stabilization drills, scapular retractor and upward rotator strengthening, Progression of AROM shoulder exercises, cross body stretches, Initiation of closed kinetic chain exercises(week 9)- start at wall, prone horizontal abduction, scapular I's, T's, Y's, W's (week 9) Initiate sidelying ER with towel roll, IR/ER with theraband

BRACING/SLING

- Sling for 6 weeks including sleep

ROM RESTRICTIONS

- PROM: IR to 45 degrees at 30 deg abduction
- ER 0-25 degrees in scapular plane

Avoid aggressive shoulder ER and extension- stop ER at first slight end feel

WEIGHT BEARING

- Non for 6 weeks
- 20 lbs from 6-12 weeks

OTHER RESTRICTIONS AND KEY CONSIDERATIONS

- None

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Goals/Restrictions/Milestones: <ul style="list-style-type: none"> • Full PROM of the shoulder • Passive ER within 10 degrees of contralateral side at 20 degrees abduction • Normal and appropriate scapular posture in resting position and dynamic scapular control with ADL's 		
Weeks 12-16 Advanced Strength <ul style="list-style-type: none"> • Avoid contact sports • Avoid excessive overhead activities which stress anterior capsule • Avoid focus on strengthening until full shoulder ROM is achieved 	<ul style="list-style-type: none"> • Normalize shoulder strength, endurance, and neuromotor control • Gradual build up of stresses to anterior capsule 	<ul style="list-style-type: none"> • Progress isotonic shoulder strengthening, push up plus, cross body diagonals, progress resistive bands in multiple planes of shoulder abduction, upper extremity plyometrics (2 handed chest pass, 2 handed chops, overhead, one handed at 90/90), body blade, closed chain stability exercises, resisted PNF
Goals/Restrictions/Milestones: <ul style="list-style-type: none"> • Appropriate cuff and scapular stabilizer strength for chest level and overhead activities • Full active and passive shoulder ROM without pain • Pain free shoulder ER in multiple planes of abduction 		
High level Activity: 16+ weeks Avoid tricep dips, bench press with wide grip, and behind the head lat pull downs	<ul style="list-style-type: none"> • Sports specific progression and training • Return to full strenuous work activities • Return to full recreational activities and sport • Pass upper extremity return to sport criteria 	<ul style="list-style-type: none"> • Core testing norms, push-ups avoiding elbows past 90 degrees, push up plyometrics, high plank dynamic stabilization exercises, return to throwing

SHOWERING

1. May Shower day 1 after surgery
2. Must "waterproof" surgical site for 5 days after surgery
3. No submerging wounds for 4 weeks

WOUND CARE

1. Remove everything except steri strips the day after surgery
2. Place clean gauze or op-site on wounds daily for 5 days

MEDICATIONS

1. Pain medicine only as needed. Wean off as soon as possible

RETURN TO PLAY CRITERIA



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