



Laterjet Open Anterior Shoulder Stabilization Post-Operative Rehabilitation Protocol

0-4 Weeks: Phase I MAXIMAL PROTECTION

- Immobilization for 4 weeks using sling
- Elbow A/AAROM: flexion and extension
- Protect anterior and posterior capsule from stretch, but begin passive ROM
- Limit FE (supine forward elevation in the scapular plane) to 90°
- Limit ER (external rotation) to neutral 30°
- Do not perform pendulums
- Modalities (i.e. CryoCuff) PRN (as needed)
- Wrist and gripping exercises.
- Begin deltoid/cuff isometrics
- Removal of sling for showering- maintain arm in sling position

4-6 Weeks: Phase II MODERATE PROTECTION

- A/AAROM Limit FE (forward elevation in the scapular plane) to 140°
- A/AAROM Limit ER (external rotation) to 45°
- Progress from AAROM to AROM:
 - 1) Quality movement only, avoid forcing active motion with substitution patterns
 - 2) Remember the effects of gravity on the limb, do gravity eliminated motions first (ie. supine elevation in the scapular plane)
- Deltoid isometrics
- Elbow AROM
- Continue with wrist exercises
- Modalities PRN.
- Discontinue sling at 4-6 weeks

6-12 Weeks: Phase III MINIMAL PROTECTION / MILD STRENGTHENING

- AAROM No Limit FE (forward elevation in the scapular plane)
- A/AAROM No Limit ER (external rotation)
- 10-12 weeks, AIAA/PROM to improve ER with arm in 45° abduction
- AROM all directions below horizontal, light resisted motions in all planes
- AROM activities to restore flexion, IR, horiz ADD as tolerated.
- Deltoid, rotator cuff isometrics progressing to isotonics
- PREs for scapular muscles, latissimus, biceps, triceps
- PREs work rotators in isolation (use modified neutral)
- 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 in this phase



12-16 Weeks: Phase IV STRENGTHENING

- CRITERIA:
 - 1) Pain-free AROM
 - 2) Pain-free with manual muscle test
 - 3) Progress by response to treatment
- 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°, elevation in the plane of the scapula with IR and ER, lat pulldown close grip, and prone ER
- Dynamic stabilization WB and NWB
- PREs for all upper quarter musculature (begin to integrate upper extremity patterns)
Continue to emphasize eccentrics and glenohumeral stabilization

All PREs are below the horizontal plane for non-throwers:

1. Begin isokinetics
2. Begin muscle endurance activities (UBE)
 - a. High seat and low resistance
 - b. Must be able to do active shoulder flexion to 90° without substitution
3. Continue with agility exercises
4. Advanced functional exercises
5. Isokinetic tests
6. **Upper Body Assessment for non-throwers initiating return to sport progression.
Schedule via QR code or spc@rushortho.com
7. Full return to sporting activities

