



Latarjet Open Anterior Shoulder Stabilization Rehabilitation Protocol

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PT Frequency: 2-3 times per week

ROM Restrictions: PROM only for 6 weeks; Limit flexion to 90°, ER to 45°, extension to 20°, avoid active IR and extension until 6 weeks to protect subscap repair

Brace: Abduction sling for 6 weeks, taken off only for exercises and hygiene

Phase I: Weeks 0-4 (Maximal Protection Phase)

- Sling at all times except during home exercise program and hygiene
- **Range of motion:** PROM only for the first 6 weeks, to patient tolerance
 - Weeks 0-2: elbow/wrist ROM, grip strengthening, closed chain scapula, gentle ROM
 - Weeks 2-6: begin PROM activities – Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; closed chain scapula
 - Limit flexion to 90°, ER to 45°, extension to 20°, avoid active IR and extension until 6 weeks to protect subscap repair
 - Lower body, core, and gentle stationary bike okay if arm in sling and not being used
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase II: Weeks 6-12 (Moderate Protection Phase)

- Discontinue sling use (unless in crowd or slippery environment)
- **Range of Motion:** Increase PROM as tolerated; begin AAROM/AROM
 - PROM → AAROM → AROM as tolerated
 - Begin with gravity eliminated motion (supine) and progress
 - Do not force ROM with substitution patterns
 - Goals: Full extension and external rotation, 135° flexion, 120° abduction
- **Exercises:**
 - Continue phase I work; begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks
 - Begin resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase III: Weeks 12-26 (Minimal Protection Phase)

- **Range of Motion:** Gradual return to full AROM
- **Exercises:**
 - Continue Phase II, advance as tolerated; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization.
 - Begin muscle endurance activities (upper body ergometer)
 - Running/elliptical/cycling okay at 12 weeks



Phase IV: 4-5 Months

- **Range of Motion:** Full and pain-free
- **Exercises:**
 - Aggressive scapular stabilization and eccentric strengthening
 - Begin plyometric and throwing/racquet program
 - Continue endurance activities

Phase V: 5-7 Months

- **Range of Motion:** Full and pain-free
- **Exercises:**
 - Progress Phase IV activities
 - Return to fully activity as tolerated
- Consider return to sport at 20-24 weeks pending Dr. Boden's approval