

# 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