

LATARJET ANTERIOR STABILIZATION REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-4 weeks	0-4 weeks: None Limit forward elevation to 90°, external rotation to 30° (neutral)	0-4 weeks: Immobilized at all times day and night Off for hygiene and gentle exercise only	0-2 weeks: elbow/wrist ROM, grip strengthening at home only 2-4 weeks: Grip Strength, Elbow/Wrist/Hand ROM Do NOT perform Codmans or Pendulums Begin Deltoid/Cuff Isometrics Avoid stretch of anterior capsule and extension
PHASE II 4-6 weeks	Limit forward elevation to 140°, external rotation to 45°	Discontinue sling at 4-6 weeks	Advance to AAROM and AROM (Limit FF to 140°, ER at side to 45°) Begin with gravity eliminated motion (supine with scapular stabilization) and progress. Do not force ROM with substitution patterns. Continue Isometric exercises Progress deltoid isometrics
PHASE III 6-12 weeks	Gradual return to full Active ROM	None	Initiate when pain-free symmetric AROM. Deltoid and rotator cuff isometrics progressing to isotonic exercises. PRE's for scapular muscles, latissimus, biceps and triceps Emphasize posterior cuff, latissimus and scapular muscle strengthening stressing eccentrics. Use exercise arcs to protect anterior and posterior capsule All strengthening exercises below horizontal
PHASE IV 3-4 months	Full and pain-free Must have pain free motion to progress to Phase IV	None	Initiate isotonic shoulder strengthening exercises including: side lying ER, prone arm raises at 0°, 90°, 120°, elevation in scapular plane with IR and ER, latissimus pulldown closed grip, and prone ER. Restore scapulohumeral rhythm. Joint mobilization. Utilize aggressive scapular stabilization and eccentric strengthening program. PRE's for all upper quarter musculature (begin to integrate upper extremity patterns). Ensure emphasis on eccentrics and glenohumeral stabilization. All PRE's are below the horizontal plane for non-throwers. Advanced functional exercises with agility. Isokinetic test. Functional test assessment. Full return to sporting activities after 16 weeks and when cleared by MD

*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase III. PRE: progressive resistive exercise