

Laterjet / Open Anterior Shoulder Stabilization 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 30°
- 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) Start with 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
 - Light resisted motions in all planes
 - AROM activities to restore flexion, IR, horiz ADD as tolerated.
 - Deltoid, rotator cuff isometrics progressing to isotonic
 - Strengthening for scapular muscles, latissimus, biceps, triceps
 - Strengthening work rotators in isolation
 - Emphasize posterior cuff, latissimus, and scapular muscle strengthening, stressing eccentrics
 - Protect anterior and posterior capsule from stress during strengthening
 - Keep all strength exercises below the horizontal plane in this phase
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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
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