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Post-Operative Rehabilitation Protocol:

Open Anterior Labral Repair and Capsular Shift with or without Bone Transfer **Latarjet**

PHASE I: PROTECTIVE PHASE (WEEKS 0-6)

GOALS: Allow soft tissue healing, diminish pain/inflammation, protected motion, retard muscle atrophy.

I. Immediate Post-Operative to Week 2:

A. General:

- * Sling for first four weeks
- * Cryotherapy unit or ice 20 minutes/hour

B. Weight Bearing:

- * Non-weight bearing

C. Range of Motion Goals:

- * Passive and AAROM
 - o Forward flexion 0°-70° with arm in neutral rotation
 - o Abduction to 0°-60° with arm in neutral rotation
 - o IR in scapular plane 40° by 2 weeks
 - o ER in scapular plane 25° by 2 weeks
 - o **NO** combined abduction/external rotation
 - o **NO** overhead activity
 - o **NO** ER > 30°

D. Treatment / Exercises:

- * Cervical spine AROM
- * Begin pendulum exercises in sling
- * Rope and pulley
- * Active elbow and wrist range of motion, gripping exercises
- * Shoulder shrugs, protraction, retraction
- * Submaximal isometrics

II. Weeks 2-4:

A. General:

- * Sling for first three to four weeks (6 weeks for MDI)
- * Avoid combined abduction/ external rotation
- * Cryotherapy unit or ice 20 minutes

B. Weight Bearing:

- * Non-weight bearing

C. Range of Motion Goals:

- * PROM, AAROM, AROM
 - o Forward flexion 0°-135° with arm in neutral rotation
 - o Abduction to 0°-135° with arm in neutral rotation
 - o Full IR in scapular plane
 - o ER in scapular plane to 45° by Week 4

D. Treatment / Exercises:

- * Continue above treatment
- * Rhythmic stabilization exercises
- * Proprioception and Neuromuscular control drills
- * ER/IR bands (0° abduction)
- * Scapular strengthening/stabilization
- * Biceps/triceps strengthening
- * Trunk/LE conditioning
- * PNF D2 Flexion/Extension manual resistance

III. Weeks 5-6:

A. General:

- * Discontinue sling
- * Cryotherapy unit or ice 20 minutes/hour as needed

B. Weight Bearing:

- * As tolerated when arm at side
- * Non-weight bearing overhead or in abduction/external rotation

C. Range of Motion Goals:

- * PROM, AAROM, AROM
 - o Forward flexion to 145°-160° by Week 6
 - o Abduction to 145°-160° by Week 6
 - o Full IR in scapular plane
 - o Full ER in scapular plane
 - o Initiate IR/ER at 90° abduction as tolerated

D. Treatment / Exercises:

- * Continue above treatment
- * Initiate light isotonic strengthening

- * Gentle joint mobilization

PHASE II: INTERMEDIATE PHASE (WEEKS 6-12)

GOALS: Restore functional ROM, improve neuromuscular control, early strengthening.

Enter Phase II if:

- ✓ ROM goals stated above are met
- ✓ Minimal pain/tenderness

IV. Weeks 6-10:

A. General:

- * Cryotherapy unit or ice 20 minutes/hour as needed

B. Weight Bearing:

- * As tolerated

C. Range of Motion Goals:

- * Passive, AAROM, AROM – progress to full as tolerated

D. Treatment / Exercises:

- * Continue above treatment
- * Rotator cuff, scapular stabilizers
- * Side-lying ER/IR
- * Initiate neuromuscular control exercises for scapulothoracic joint

V. Weeks 10-12:

A., B., C. As above

D. Treatment / Exercises:

- * Continue above treatment
- * Isotonic program
- * Aggressive joint mobilization as necessary

PHASE III: DYNAMIC STRENGTHENING PHASE (MONTHS 3-5)

GOALS: Improve strength/endurance, improve neuromuscular control.

Enter Phase III if:

- ✓ Full, painless ROM
- ✓ No pain/tenderness
- ✓ Strength at least 70% of uninvolved arm

VI. MONTHS 3-4:

A., B., C. As above

D. Treatment / Exercises:

- * Continue above treatment
- * Isotonic program
- * Isometrics, neuromuscular control
- * Self capsular stretching, AROM, passive stretching
 - * Initiate wall push-ups or push-ups from knees
- * Initiate Throwers Ten Strengthening program
- * Trunk/LE strengthening

VII. Months 4-6:

A., B., C. As above

D. Treatment / Exercises:

- * Continue above treatment
- * Shoulder press, bench press, pull downs, single arm plyometrics
- * Plyometrics at 90° abduction
- * Initiate Interval Sports Program (sport specific)

PHASE IV: RETURN TO ACTIVITY PHASE (Months 6+)

GOALS: Gradual return to unrestricted activity.

Enter Phase IV if:

- ✓ Full ROM obtained
- ✓ No pain/tenderness
- ✓ No apprehension with combined abduction/external rotation
- ✓ Strength at least 90% of uninvolved arm

VIII. Months 6+:

A., B., C. As above

D. Treatment / Exercises:

- * Continue above treatment
- * Progress Interval Sports Program
- * Interval Throwing program if applicable
- * Return to Sport Months 6-8

*** Addendum**

This protocol provides general rehabilitation guidelines following Open Anterior Labral Repair and Capsular Shift with or without Bone Transfer. It is subject to modification depending on the degree of injury, the type and extent of associated

surgical intervention, as well as your individual progress post-operatively. For any questions, please call my office at 860-244-1017.