

# Laterjet Open Anterior Shoulder Stabilization

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## Phase I MAXIMAL PROTECTION (0-4 Weeks Post-Op)

- **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 degrees
- Limit ER (external rotation) to neutral 30 degrees
- **Do Not** perform Pendulums.
- 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.**

## Phase II MODERATE PROTECTION (4-6 Weeks Post-Op)

- A/AAROM Limit FE (forward elevation in the scapular plane) to 140 degrees
- A/AAROM Limit ER (external rotation) to 45 degrees
- Progress from AAROM to AROM:
  - Quality movement only-**avoid forcing** active motion with substitution patterns.
  - Remember the effects of gravity on the limb, do gravity eliminated motions first ie. Supine elevation in the scapular plane.
- Deltoid isometrics.
- Elbow AROM
- Continue with wrist exercises
- Modalities PRN.
- Discontinue sling at 4-6 weeks.

## Phase III MINIMAL PROTECTION / MILD STRENGTHENING (6-12 Weeks Post-OP)

- A/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 degree**
- AROM all directions below horizontal, light resisted motions in all planes.
- AROM activities to restore flexion, IR, horiz ADD as tolerated.
- Deltoid, Rotator Cuff isometrics progressing to isotonics.
- PRE's for scapular muscles, latissimus, biceps, triceps.
- PRE's work rotators in isolation (use modified neutral).
- Emphasize **posterior cuff, latissimus, and scapular muscle** strengthening, stressing eccentrics.
- Utilize **exercise arcs** that protect anterior and posterior capsule from stress during PRE's.
- Keep **all** strength exercises below the **horizontal plane** in this phase.

## Phase IV STRENGTHENING (12-16 Weeks Post-Op)

- 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 degrees, elevation in the plane of the scapula with IR and ER, lat pulldown close grip, and prone ER.
- Dynamic stabilization WB and NWB.
- PRE's for all upper quarter musculature (begin to integrate upper extremity patterns). Continue to emphasize eccentrics and glenohumeral stabilization.
- All PRE's are below the horizontal plane for non-throwers.
  
- 1. Begin isokinetics.
- 2. Begin muscle endurance activities (UBE)
  1. High seat and low resistance
  2. Must be able to do active shoulder flexion to 90 degrees without substitution
- 3. Continue with agility exercises.
- 4. Advanced functional exercises.
- 5. Isokinetic test.
- 6. Functional test assessment.
- 7. Full return to sporting activities.