



## LATERJET OPEN ANTERIOR SHOULDER STABILIZATION

### Rehab Protocol

Weeks 0-4:

#### 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 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.**

Weeks 4-6:

#### Phase II MODERATE PROTECTION

- 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:
  - 1) Quality movement only-avoid forcing active motion with substitution patterns.
  - 2) 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

Weeks 6-12:

#### Phase III MINIMAL PROTECTION / MILD STRENGTHENING

- 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** abduction.
- AROM all directions below horizontal, light resisted motions in all planes.
- AROM activities to restore flexion, IR, horizontal ADD as tolerated.
- Deltoid, Rotator Cuff isometrics progressing to isotonic.
- PRE's for scapular muscles, latissimus, biceps, triceps.
- PRE's work rotators in isolation (use modified neutral). 2
- 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.



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Weeks 12-16:

**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 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).
      - High seat and low resistance
      - 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.



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