

Arthroscopic Anterior Laterjet Procedure with Posterior Capsular Plication

Precautions:

- Excessive force into ER or horizontal abduction (boney fixation of Laterjet)
- No horizontal adduction for 4-6 weeks (protection of posterior plication)
- No forceful weight lifting (push –ups , bench press, pressing motions) for 3 months
- No excessive IR motion for 8-12 weeks

I. Phase I – Immediate Postoperative Phase “Restrictive Motion” (Weeks 0-6)

Goals: Protect repair and promote healing of boney fixation
Prevent negative effects of immobilization
Promote dynamic stability and proprioception
Diminish pain and inflammation

Weeks 0-2

- Sling for 4 weeks for control against forces through graft site
- Sleep in immobilizer for 4 weeks
- Elbow/hand ROM
- Hand gripping exercises
- Passive and gentle active assistive ROM exercise
 - Flexion to 70 degrees week 1
 - Flexion to 90 degrees week 2
 - ER/IR with arm 30 degrees abduction
 - ER to 5-10 degrees (week 1)
 - ER to 15-20 degrees (end of week 2)
 - IR to neutral or 10 degrees ONLY
- ****NO active ER or Extension or Abduction**
- Submaximal & subpainful isometrics for shoulder musculature (light contractions)
- Rhythmic stabilization drills ER/IR (Light)
- Proprioception drills
- Cryotherapy (3-4 x daily), modalities as indicated

Weeks 3-4

- Discontinue use of sling at end of 4 weeks
- Use immobilizer for sleep **** to be discontinued at 4 weeks unless otherwise directed by physician**
- Continue gentle ROM exercises (PROM and AAROM)
 - Flexion to 90- 115 degrees
 - Abduction to 90 degrees
 - ER/IR at 45 degrees abd in scapular plane
 - ER in scapular plane to 20-25 degrees (at end of week 4)
 - IR in scapular plane to 15-20 degrees
- ****NOTE: Rate of progression based on evaluation of the patient (end feel assessment)**
- No excessive ER, extension or elevation
- Continue isometrics and rhythmic stabilization (submax)
- Core stabilization program

- Initiate scapular strengthening program (manual resistance)
- Initiate exercise tubing ER/IR with arm at side
- Continue use of cryotherapy

Weeks 5-6

- Gradually improve ROM
 - Flexion to 145 degrees
 - ER at 45 degrees abduction: 45-50 degrees
 - IR at 25-30 degrees abduction: 55-60 degrees
- Manual resistance scapular strengthening
- Continue exercise tubing ER/IR (arm at side)
- Scapular strengthening (prone exercises)
- Begin AROM without resistance – full can & lateral raises

II. Phase II – Intermediate Phase: Moderate Protection Phase (Weeks 7-14)

Goals: Gradually restore full ROM (week 10-12)
Preserve the integrity of the surgical repair & boney fixation
Restore muscular strength and balance
Enhance neuromuscular control

Weeks 7-9

- Gradually progress PROM & AROM;
 - Flexion to 160 degrees
 - Initiate ER/IR at 90 degrees abduction:
 - ER at 90 degrees abduction: 70-80 degrees at week 8
 - ER to 90 degrees at weeks 9-10
 - IR at 90 degrees abduction: 35-40 degrees
- Continue to progress isotonic strengthening program
- Continue manual resistance exercises & rhythmic stabilization drills

Weeks 10-12

- Restore full PROM by or at week 12
 - Flexion to 165-180
 - ER at 90 degrees of abduction to 90 degrees
 - IR at 90 degrees of abduction to 45-50 degrees
 - May initiate slightly more aggressive strengthening

Fundamental Shoulder Exercises

- Progress isotonic strengthening exercises
- Continue all stretching exercises
 - **Progress ROM to functional demands (i.e. if overhead athlete)
 - Progress to isotonic strengthening (light and restricted ROM)

Weeks 13-14:

- Progress all exercises listed in weeks 10-12
- May progress isotonic strengthening exercises (slowly progress weights)
- May progress to behind the back stretching

III. Phase III – Minimal Protection Phase (Week 15-20)

Goals: Maintain full ROM
Improve muscular strength, power and endurance
Gradually initiate functional activities

Criteria to Enter Phase III

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Muscular strength (good grade or better)
- 4) No pain or tenderness

Weeks 15-18

- Continue all stretching exercises (capsular stretches)
- Continue strengthening exercises:
 - Throwers ten program or fundamental exercises
 - PNF manual resistance
 - Endurance training
 - Restricted sport activities (light swimming, half golf swings)
- Initiate interval sport program week 18

Weeks 18-20

- Continue all exercise listed above
- Process interval sport program (throwing, etc.)

IV. Phase IV – Advanced Strengthening Phase (Weeks 21-24)

Goals: Enhance muscular strength, power and endurance
Progress functional activities
Maintain shoulder mobility

Criteria to Enter Phase IV

- 1) Full non-painful ROM
- 2) Satisfactory static stability
- 3) Muscular strength 75-80% of contralateral side
- 4) No pain or tenderness

Weeks 21-24

- Continue flexibility exercises
- Continue isotonic strengthening program
- NM control drills
- Plyometric strengthening
- Progress interval sport programs

V. Phase V – Return to Activity Phase (Months 7-9)

Goals: Gradual return to sport activities
Maintain strength, mobility and stability

Criteria to Enter Phase V

- 1) Full functional ROM
- 2) Satisfactory isokinetic test that fulfills criteria
- 3) Satisfactory shoulder stability
- 4) No pain or tenderness

Exercises

- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program