Arthroscopic Anterior Capsulolabral Repair, Latarjet

PHYSICAL THERAPY PROTOCOL

Travis Hendry MD

MOUNTAIN ORTHOPAEDICS

General:

- Cryotherapy to be emphasized.
- Showering at 72 hrs
- Desk work when comfortable with elbow supported/sling
- HEP weeks 1-2
  - Pendulum
  - Elbow/Wrist/Hand ROM
  - Scapula exercises
- Formal PT to begin 2-3 wks post op. (Not uncommon to wait until 6 wks)
- Driving
  - No commercial driving until 6 weeks
  - Private, capable patient, no use surgical arm, no longer on pain medication

	Week	1	2	3	4	5	6	7	8	9	10	11	12
PROM	Flexion	As tolerated, full by week 8-10											
	Abd/Ext	As tolerated, full by week 8-10											
	IR/ER	In scaption, LIMIT abduction/ER								Progress as tolerated, Avoid terminal Abd/ER			
AAROM				Table slide/Wand/Pulley, LIMIT Abd/ER						Progress as tolerated, Avoid terminal Abd/ER			
AROM	Flexion/ Abd/IR/ER/ Ext	NONE				AROM as tolerated, No PRE				Progressive resistive exercises, low resistance GOAL: Full and symmetric by 12 wk			
Sling		Wear day & night + Abd pillow		Plain sling		Plain sling, Daytime		Discontinue use of sling					

Strengthening and Conditioning

Phase1: Weeks 0-6	Phase 2: Weeks 6-12	Phase 3: Weeks 12+
Elbow/Wrist/Hand: • AROM as tolerated **Shoulder:** • Small pendulum exercises • Isolated scapular strengthening Fitness: Stationary bike/walk **4 weeks** • Submaximal isometrics with elbow flexed for flexion, abduction, extension, internal rotation and external rotation.	• Self PROM with physioball on table • Scapulothoracic • Glenohumeral • Isotonic external rotation • Prone/sidelying exercises • Light biceps/triceps • Rhythmic stabilization • Progressive resistive exercises (PREs) • Daily stretching until full symmetric ROM at 12 wks.	• Phase II exercises plus begin: • Plyometric exercises • Return to full functional activity • Resisted exercise: Deltoid, RC, Peri scap, Lat, Trap • **12 weeks** • Acceleration-bridge program with MD approval **4-6 months** • Return to sport with MD approval

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