

SHOULDER · POST-OPERATIVE REHABILITATION

Latarjet Stabilisation Procedure

KEY POINTS

- Normally in sling for 2 weeks then wean off over next 2 weeks
- Read op notes for individual instructions

DISCHARGED FROM THE WARD

- Active elbow, hand, finger, neck and shoulder girdle exercises
- Pendular flexion for axillary hygiene reasons only
- Postural awareness advice

WEEKS 1-2

- Teach pendular exercises
- Active assisted flexion to 90 degrees
- NO combined abduction and external rotation
- Active assisted external rotation to 20 degrees
- Check active elbow, hand, neck and shoulder girdle exercises
- Re enforce postural advice
- Wean off polysling from 2 weeks

WEEKS 3-6

- Gradually introduce more active ROM exercises but no combined abduction and external rotation
- Closed kinetic chain exercises to improve proprioception

WEEKS 6+

- Add active shoulder movements all directions, no restrictions
- Joint mobilisations and capsular stretches as able and if required
- Can start biceps strengthening exercises with gradual increased resistance

WEEKS 8+

- Resisted rehab if needed
- Introduce sports specific exercises as needed

Mr Tony Corner · Consultant Orthopaedic Surgeon (Shoulder & Elbow) · GMC 4641795. This guide is general; always follow your specific post-operative instructions.

RETURN TO ACTIVITY - GUIDELINES

Driving 6 weeks

Swimming

- Breast stroke 6 weeks
- Front crawl 3 months

Golf 3 months

Contact sport minimum 3 months and with approval from surgeon