



GOLDEN STATE ORTHOPEDICS & SPINE

ANTERIOR CAPSULOLABRAL RECONSTRUCTION WITH LATARJET REHABILITATION PROGRAM

STAGE 1: WEEKS 0-6:

- Patient is immobilized in an abduction pillow sling for 6 weeks
- Sling may be removed for assisted elbow ROM
 - External rotation restricted to 0 degrees
- Active and passive hand/wrist ROM

STAGE 2: WEEKS 6-12:

- Patient no longer required to wear sling at 6 weeks, if comfortable.
- Encourage overhead AAROM and AROM progression
- Progress shoulder ER ROM gradually with the goal of half of the ER of the opposite side by 3 months
- Active shoulder extension in the prone position only extending until it is level with the trunk at 8 weeks
- Perform ROM exercises and mobilization techniques as needed (i.e. wand exercises, wall climbs)
- Scapular strengthening and stabilization
- May begin supraspinatus strengthening

STAGE 3: 12 WEEKS-6 MONTHS:

- X-ray will be taken around 12 weeks to guide progression into additional strengthening
- Continue strengthening exercises with emphasis on the rotator cuff muscles. Progress strengthening with Therabands. Progress slowly with ER
- Continue to advance ER range of motion towards full, as comfort allows.
- If X-ray imaging at 3 months is okay, add wall push-ups lowering the body until the arms are level with the trunk
- Begin with wall push-ups, progressing to modified (knee) push-ups, and eventual transition into military (toe) push-ups
- The arms are positioned at 70-90 degrees abduction.
- **Do not lower the body causing the arms to go past the body which would stress the anterior capsule**
- May begin plyometrics at 4 -5 months

STAGE 4: MONTHS 6+:

- Progress with weights as tolerated (i.e. shoulder flexion, abduction, extension, supraspinatus, etc.)
- May continue isokinetic strengthening and endurance exercises at faster speeds (i.e. 240 degrees per second) for shoulder flexion and abduction
- At 9-12 months may return to contact sports or heavy labor if radiographically healed