



Open Anterior Shoulder  
Stability Latarjet or Capsular  
Shift Traumatic or Congenital  
Instability

Ryan W. Hess, MD  
Dr. Hess Care Coordinator Phone: 763-302-2223  
Fax: 763-302-2401

- Phase I – Immediate Post Surgical Phase (Week 0-4)
- Will typically delay formal therapy approximately 4 weeks depending on surgical factors
  - Goals
    - Maintain integrity of repair
    - Decrease pain and inflammation
    - Prevent muscular inhibition
  - Cryotherapy for pain/inflammation
    - Ice 15-20 minutes every hour
  - Sling
    - Worn at all times except bathing
  - Precautions
    - No lifting
    - No supporting body weight with hands/arms
    - No sudden, jerking movements
    - Go slow with ER ROM
  
- Phase II – Protection Phase (Week 4-6)
- Goals
  - Allow healing of soft tissue
  - Do not overstress healing tissue
  - Gradually improve PROM
  - Re-establish dynamic shoulder stability
  - Decrease pain and inflammation
  
- Week 4-6
  - Continue use of ice as needed
  - May use heat prior to ROM exercises
  - Isometrics and rhythmic stabilizations
  - Continue use of sling until end of week 6 (Dr. Hess discretion)
  - Gradually improve PROM

- Flex to 90 degrees
      - Abduction to 60 degrees
      - ER at side to 30 degrees
      - Rate of progression based on evaluation of patient
    - Initiate AAROM and stretching exercises (supine with therapist supporting arm)
      - Gradually work into abduction
    - NO active biceps until 6 weeks (for Latarjet)
  - Week 6-7
    - May use heat prior to exercises
    - Gradually progress to full PROM (Week 6-8)
    - Continue AAROM and stretching exercises
    - Initiate AROM exercises
      - Exercise tubing
    - Continue progressing IR/ER as tolerated
    - Gentle capsular self stretches
- Phase III – Intermediate Phase (Week 7-14)
  - Goals
    - Full AROM (Week 10)
    - Restore/Maintain full PROM
    - Dynamic shoulder stability
    - Improve neuromuscular control
  - Continue stretching and PROM as needed to maintain ROM
  - Continue dynamic stabilization
  - Continue above exercises
    - Flexion to tolerance
    - ER to 70 degrees at side and 90 degrees abduction (progressive)
  - Isotonic strengthening
  - Progress ROM to functional demands (i.e. Overhead athlete)
- Phase IV –Strengthening Phase (Week 14-24)
  - Goals
    - Maintain full ROM
    - Enhance functional use of limb
    - Improve shoulder strength and power
    - Gradual return to functional activities
  - Criteria to progress to Phase IV
    - Full, non-painful ROM
    - Satisfactory stability
    - Satisfactory muscle strength

- Minimal pain/tenderness
  - Initiate Return to Throwing program in overhead athletes
  - Continue capsular stretching exercises
  - Light plyometrics
  - Begin return to sport programs (about week 20)
- Phase V –Return to Activity Phase (Week 24+)
  - Goals
    - Gradual return to strenuous work activities
    - Gradual return to sports activities
  - Criteria to progress to Phase V
    - Full functional ROM
    - Satisfactory shoulder stability
    - No pain/tenderness
  - Gradually progress sport activities to unrestricted participation