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Open Anterior Stabilization (Laterjet or Bone Block) Rehabilitation Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-6 weeks) Goals: <ul style="list-style-type: none"> • Protect anterior capsule & glenoid labrum • Minimize post-op pain/swelling • Facilitate full PROM of nonsurgical tissue • Maintain muscle activity of all non-surgical tissue 	<ul style="list-style-type: none"> • Ultra-sling x 6 weeks 	<ul style="list-style-type: none"> • PROM up to 100 deg of FF and ABD x 2 weeks <ul style="list-style-type: none"> ○ Then increase to 120 deg at 2-6 wks • Pendulums starting week 3 • No active IR to protect subscapularis reattachment • ER limited to: <ul style="list-style-type: none"> ○ Week 2: 30 deg ○ Week 4: 45 deg 	<ul style="list-style-type: none"> • Aerobic <ul style="list-style-type: none"> ○ Stationary bike at 2 week mark • Strength <ul style="list-style-type: none"> ○ Wrist and gripping exercises ○ Deltoid isometrics at 4 weeks ○ Elbow/Hand/Wrist ○ Scapular Retraction/Depression
Phase 2 (7-12 weeks) Goals: <ul style="list-style-type: none"> • Protect subscapularis repair • Restore full ROM 	<ul style="list-style-type: none"> • D/C ultra-sling 	<ul style="list-style-type: none"> • Full PROM in all planes • Begin full AAROM and progress to AROM • Joint mobilization (posterior glide) • No internal rotation resistance until week 9 	<ul style="list-style-type: none"> • Aerobic <ul style="list-style-type: none"> ○ Elliptical, UBE-minimal resistance, Pool ROM exercises • Strength <ul style="list-style-type: none"> ○ Deltoid, rotator cuff isometrics progressing to isotonics ○ Initiate resistance strengthening and proprioception week 9 ○ Keep all strength exercises below the horizontal plane in this phase ○ No lifting >5lbs until week 10

<p>Phase 3 (13-20 weeks) Goals:</p> <ul style="list-style-type: none"> • Full painless ROM • Restore strength and stabilization 	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • Restore full AROM - all should be full and aggressive • Restore scapulohumeral rhythm • Joint mobilization 	<ul style="list-style-type: none"> • Aerobic <ul style="list-style-type: none"> ○ Begin jogging at 12 week mark ○ Begin swimming at 16 week mark • Strength <ul style="list-style-type: none"> ○ PRE'S for all upper quarter musculature (begin to integrate upper extremity PNF patterns) ○ Emphasize eccentrics and glenohumeral stabilization ○ All PRE'S are below the horizontal plane for non-throwers ○ Begin isokinetics, push-up progression (starting w/wall push-ups) ○ Begin muscle endurance activities (UBE)
<p>Phase 4 (20-24 weeks)</p>	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • Same as above 	<ul style="list-style-type: none"> • Strength <ul style="list-style-type: none"> ○ Progress from modified neutral into abduction for PRE'S to cuff ○ Aggressive scapular stabilization and eccentric strengthening program ○ Begin plyometric training for overhead athletes ○ Isokinetic test ○ Sport-Specifics ○ Begin throwing / racquet program ○ Return to sport when strength goals met and throwing program complete <ul style="list-style-type: none"> ▪ Return to non-contact sports 4-5 months ○ Functional progression and/or work/hardening completed
<p>Phase 5 (>24 weeks)</p>	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • Full A/PROM 	<ul style="list-style-type: none"> • Eliminate strength deficits and maintain flexibility • Return to full activity • Return to contact sports 5-6 months • Modalities PRN