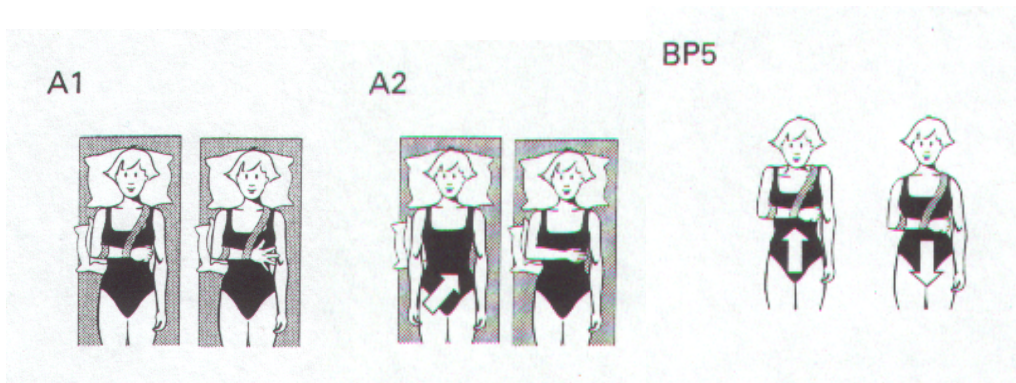


Open anterior shoulder stabilisation (Latarjet)

Postoperative period:

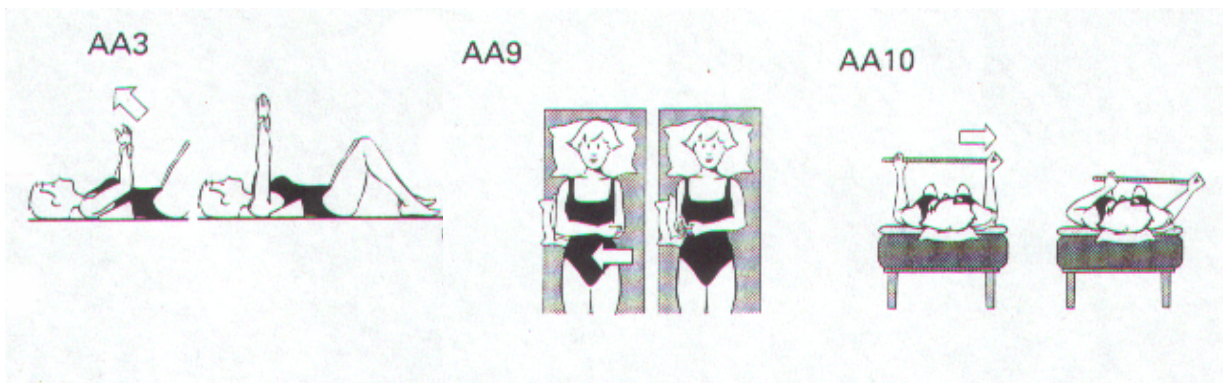
0 – 3 weeks:

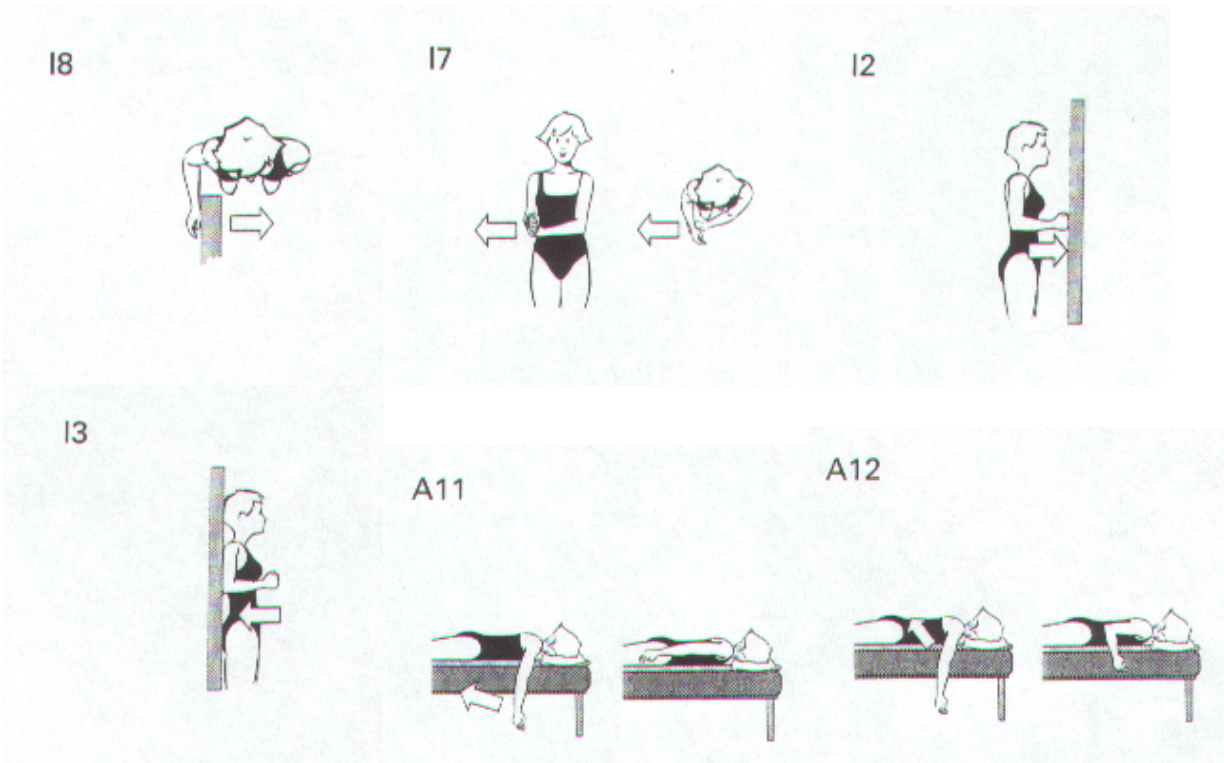
- Localised application of ice (for first 3 days).
- The immobiliser, holding the shoulder in internal rotation or moderate abduction
- Hand pumping and elbow flexion-extension exercises, scapula elevation and depression exercises.
- Codman pendular movements of shoulder flexion – extension.



4-6 weeks:

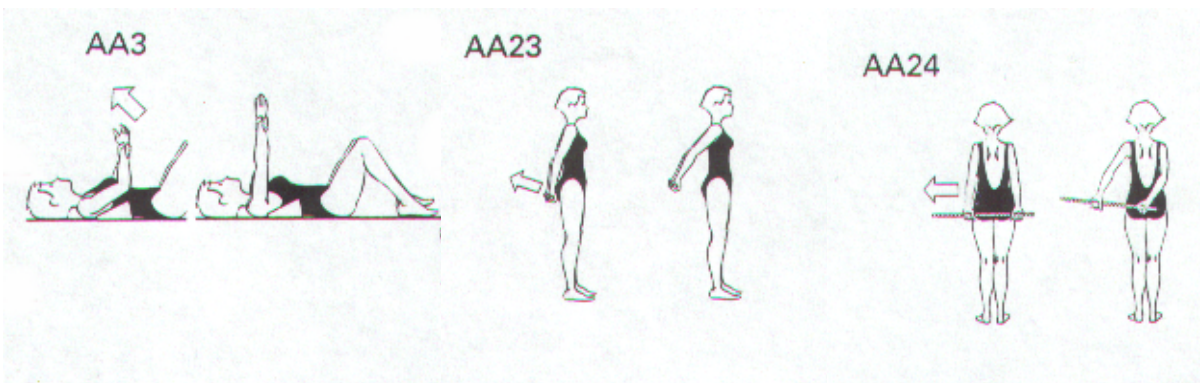
- Avoid movements of combined external rotation and abduction, limit external rotation to 0 degrees.
- Passive abduction and flexion limited to 90 degrees.
- Self assisted mobilisation with pulleys and sticks.
- Isometric strengthening exercises starting with internal rotation progressing to other muscle groups.
- Gradually progress exercises on all planes of movement at various angles (30, 45 degrees etc) as pain allows.
- Active extension of the arm to the level of the trunk starting from the prone position.
- Abductor strengthening exercises, 20 – 90 degrees in horizontal plane.

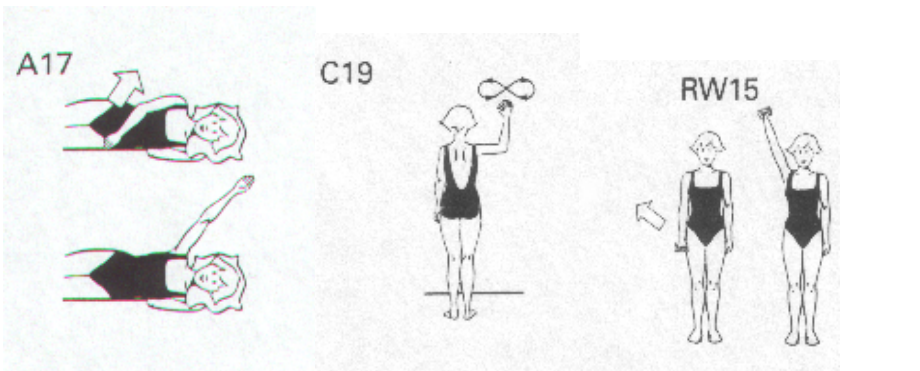
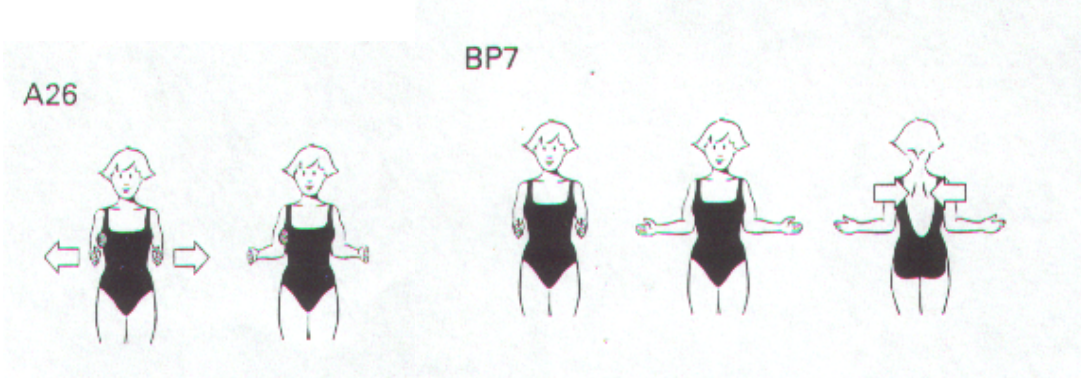
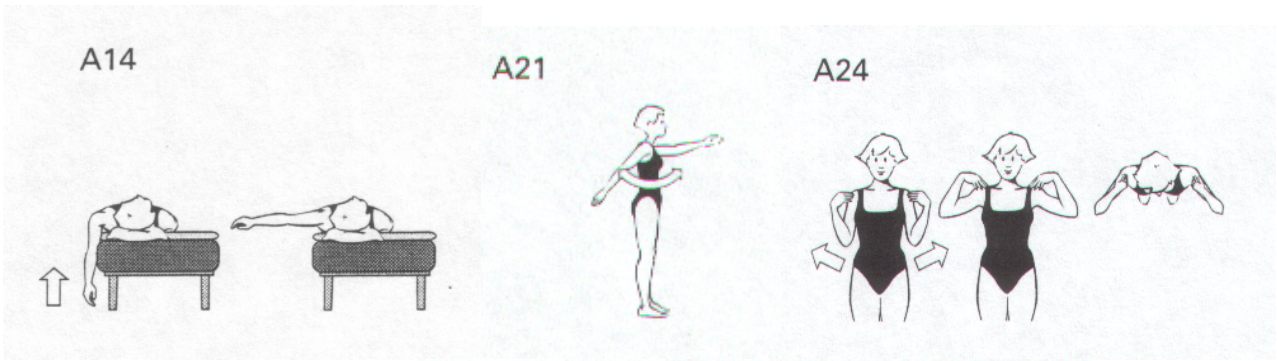




6– 8 weeks:

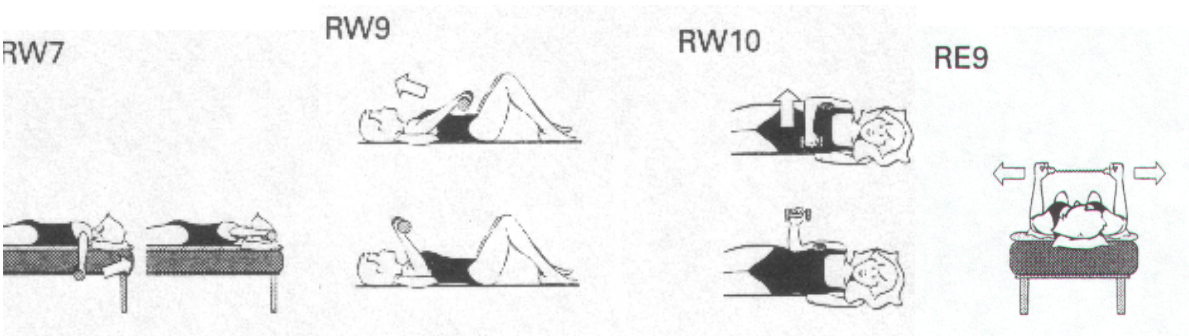
- Gradual recovery of passive articular movement, going from assisted to active mobilisation until reaching 95% of full range of movement.
- Strengthening exercises progressing from isometric to eccentric, followed by isotonic exercises, focussing on strengthening external rotators.
- Proprioceptive exercises: directional exercises, suspension of a weight in predetermined positions.
- Adductor strengthening exercises, 90 - 180 degrees in horizontal plane.

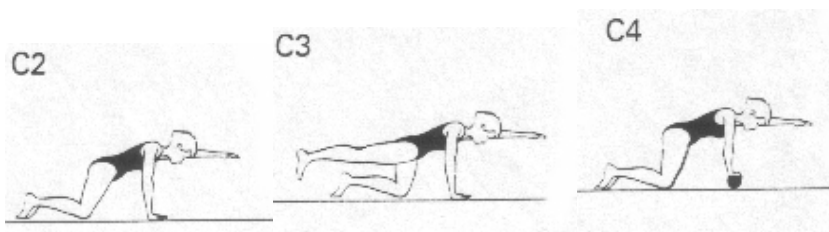
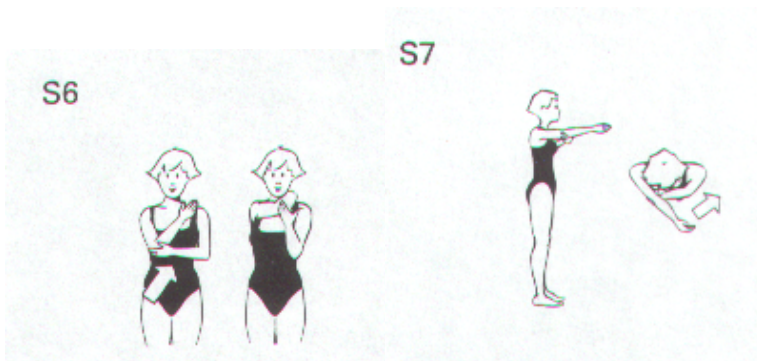
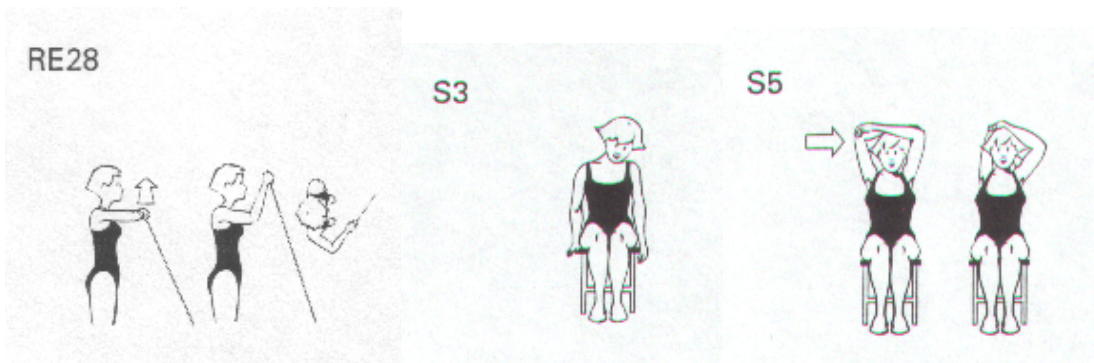
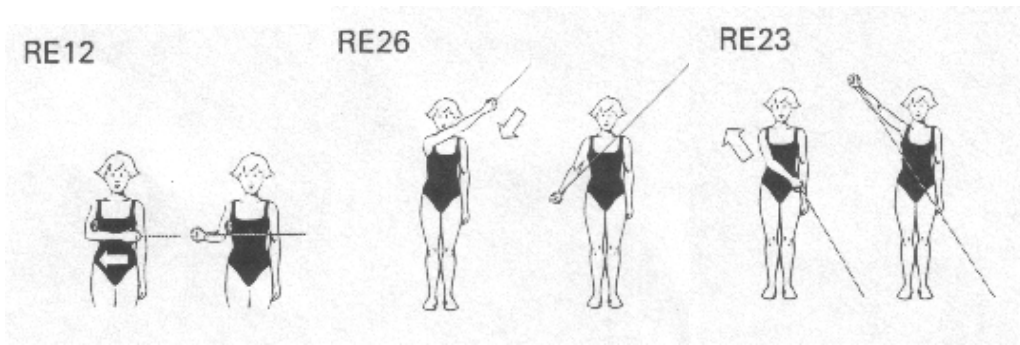


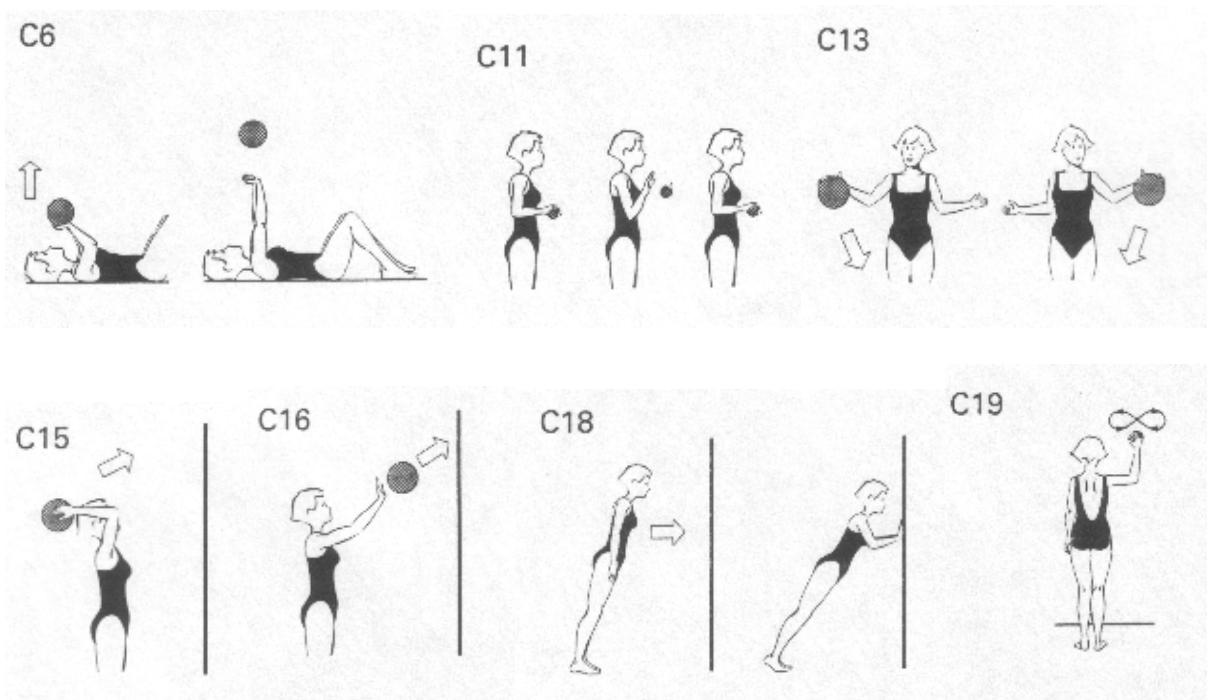


7 – 16 weeks:

- Global strengthening exercises with weights using increasing loads.
- Neuromuscular plyometric strengthening.
- Self stretching exercises to achieve full recovery of range of movement.
- Begin swimming or throwing exercises progressing speed
- Symmetric and asymmetric muscular co-ordination exercises.







16 – 24 weeks:

Begin sports specific training.
 Throwing re education as tolerated.

No return to contact sport for 3 – 5 months following surgery at the discretion of the surgeon.