

Consultant Orthopaedic Surgeon

POST OP REHAB GUIDELINES

LATARJET STABILISATION PROCEDURE

Key Points

- Normally in sling for 2 weeks then wean off
- 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

Return to activity - Guidelines

- Driving 6 weeks
- Swimming
 - Breast stroke 6 weeks
 - Front crawl 3 months
- Golf 3 months


Contact sport **minimum** 3 months

Contact Details

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