

Bristow Latarjet Procedure Rehabilitation Protocol

This is similar to the Bankart repair, but for added stability the tip of the coracoid process is transferred to the anterior rim of the glenoid fossa and fixed with a screw limiting ER.

<input type="checkbox"/> Only follow if checked	<p><u>SUBSCAPULARIS INVOLVEMENT PRECAUTIONS:</u></p> <ol style="list-style-type: none"> 1. Limit Passive ER to 45° until 4 weeks post-op 2. Full PROM by 8-10 weeks post-op 3. NO active/resisted IR until 6 weeks post-op 4. Begin active ER early: 0 – 30° (at 30° of ABD)
<input type="checkbox"/> Only follow if checked	<p><u>BICEPS TENODESIS PRECAUTIONS:</u></p> <ol style="list-style-type: none"> 1. No Resisted elbow flexion for 8 weeks 2. No Resisted shoulder flexion for 8 weeks 3. No Lifting of anything over 1 to 2 pounds for 8 weeks.

****IF STARRED, REFER TO CHECKED PRECAUTIONS ABOVE**

I. Phase I – Immediate Post-Op Phase (Days 1 – 5)

Goals: Decrease pain and inflammation

Protect surgical site

Initiate muscle contraction

Increase ROM

A. Days 1 – 5

1. Wrist, elbow, and cervical ROM
2. Pendulum exercises
3. Pulleys
 - a. Flexion/Extension to tolerance
 - b. ABD/ADD to tolerance
4. Cane exercises to tolerance
 - a. Flexion, ABD, and IR/ER
5. Grip strengthening
6. Submaximal isometrics (all planes)
7. Cryotherapy as needed to decrease pain and inflammation
8. Postural education
9. Brace or Sling to be worn at all times 4-6 weeks including sleep

II. Phase II – Motion Phase (Week 2 – 6)**A. Week 2 - 3**

1. Pendulum exercises
2. Initiate joint mobilization
3. Pulley/Cane exercises
 - a. Shoulder flexion/extension
 - b. ABD
 - c. ER to tolerance (at 45 degrees ABD)
 - d. IR to full ROM (at 45 degrees ABD)
4. Isometrics for IR/ER/ABD
5. Isotonics
 - a. Elbow
 - b. Scapular muscles
 - c. Shoulder ABD, flexion
6. Scapular PNF
7. Proprioceptive exercise
 - a. Prone on elbows
 - b. Quadruped

B. Week 3 - 4

1. ROM exercises
 - a. Flexion, ABD to tolerance
 - b. ER to tolerance (50 – 60 degrees, at 90 degrees ABD)
 - c. IR to full ROM (60 – 65 degrees at 90 degrees ABD)
 - d. Antigravity as tolerated
 - e. No resistance until 30 repetitions with perfect mechanics
2. Joint mobilization
3. Multiple angle isometrics all planes (0 – 45 degrees)
4. Initiate isotonics for shoulder musculature
 - a. Sidelying ER
5. UBE
6. Rhythmic Stabilization
7. Proprioceptive exercises

C. Week 5 - 6

1. Continue PROM/AAROM
 - a. Flexion to 160 degrees
 - b. ER/IR at 90 degrees ABD:
 1. ER to 75 degrees
 2. IR to 70 – 75 degrees
 - c. Shoulder extension to 30 – 35 degrees
3. Light resistance theraband for ER in supine
4. Proprioceptive exercises

- a. Wall alphabet
 - b. Prone on elbows, quadruped
 - c. Rhythmic stabilization at 45° to 90°
6. Joint mobilization
 7. Self capsular stretching

III. Phase III – Intermediate Phase (Week 7 – 10)

Goals: Normalize ROM – full ROM by week 7 - 8
Normalize arthrokinematics
Improve strength
Improve neuromuscular control

A. Week 7 - 10

1. Continue joint mobilization and stretching exercises
2. Neuromuscular control drills
3. PNF patterns
4. Isotonics
 - a. Flexion, Extension, ABD, IR/ER
 - b. Supraspinatus and Shoulder shrugs
5. Theraband (standing) IR/ER at 0 degrees ABD

IV. Phase IV - Advanced Strengthening Phase through Return to Activity

Criteria to progress to Phase IV and V:

1. Full, non-painful ROM
2. Satisfactory strength, stability, and muscle balance

Exercises:

1. Continue previous exercises and emphasize PNF D2 flexion
2. Increase functional activity and begin sport specific exercises
3. May get to 90 deg of ER with 90 deg of abd at week 12