

These are guidelines only. Each patient is an individual and may have individual variations on the information below. Post operative instructions are documented on the operation note which should be provided with the referral or if not, obtained from the consultant’s secretary. These guidelines are for use by a qualified physiotherapist in collaboration with the orthopaedic surgeon undertaking the patient’s surgery. The authors take no responsibility for the use of this guideline by staff or individuals other than the above at UCLH NHS Foundation Trust.

Post op	
Immediate	<ul style="list-style-type: none"> • Sling 4 weeks – soft tissue repair • Sling 6 weeks – bony stabilisation/Latarjet (ER brace) • Postural exercises and scapula setting • Cervical spine, elbow, wrist and hand exercises
Day 1-3 Weeks	<ul style="list-style-type: none"> • Active assisted table slide exercises within <i>safe zone</i> (safe zone = movement below shoulder level into forward flexion; ER <30°) • Avoid combined abduction & external rotation • ER <30° for 6 weeks post-op • Do not force or stretch
3-6 Weeks	<ul style="list-style-type: none"> • Wean off sling 4-6 weeks • Passive/active –assisted exercises gently progressing from <i>safe zone</i> • ER <30° until 6 weeks post-op • Avoid combined abduction & external rotation • No resistance/strengthening exercises
6 Weeks +	<ul style="list-style-type: none"> • Progress active – assisted to active movement as control allows • NB Latarjet procedure involves subscapularis split– progress ER gradually from 6 weeks • Gentle static isometric strengthening exercises in neutral in supported supine may commence as pain allows • Progress range of movement and then strengthening exercises • Open chain proprioception exercises
12 weeks	<ul style="list-style-type: none"> • Sports specific rehab including closed chain proprioception exercises can commence as comfortable
Milestones	
Week 6	Active range of movement at least 75% of normal
Week 12	Full range of movement, with only minor loss of external rotation and combined abduction and external rotation

Return to Functional Activities:

Work	Sedentary - As able/ Manual - 3 months
Driving	6 weeks + and seek guidance from surgeon
Swimming	Breaststroke – 12 weeks+; Freestyle – 12 weeks+
Golf	3 months+
Lifting	Light - 3 months +/ Heavy - 6 months+
Contact Sport	6 months + - for discussion with consultant

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS

References: Shoulderdoc. (2015). Shoulder rehab protocols: Arthroscopic anterior stabilisation/ Latarjet. *Shoulderdoc.co.uk*. Retrieved April, 12th, 2015, from <http://www.shoulderdoc.co.uk>

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS

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