

**ARTHROSCOPIC ANTERIOR SHOULDER STABILISATION/BANKART REPAIR/LATARJET**

**Mr A Rashid**

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

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:***

<b>Driving</b>	4-6 weeks
<b>Swimming</b>	Breaststroke - 6 weeks; Freestyle - 3 months
<b>Golf</b>	3 months
<b>Contact Sport</b>	6 months
<b>Lifting</b>	Light - 3 weeks Heavy - 3 months
<b>Work</b>	Sedentary - As able Manual - 3 months

**PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS**

**Agreed with AR 15/09/16 & 06/17: For Review 09/17**

**References:**

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

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