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**SHOULDER SURGERY  
REHABILITATION PROTOCOL**

*ANTERIOR STABILIZATION WITH LATARJET CORACOID TRANSFER*

**GENERAL GUIDELINES**

- The local anesthetic (similar to novacaine) in your shoulder will last 6-12 hours
  - Start taking the pain medication as soon as you start feeling pain
- Use cryotherapy continuously for the first 72 hours, then after exercises thereafter
  - Ensure that the cryotherapy cuff never contacts the skin directly
  - Apply to the shoulder after performing rehab exercises for the first 12 weeks
- Remove the bandage 72 hours after surgery, but leave the white steritrips on the skin
  - Apply fresh gauze pad or bandaid to any incision that is moist or weeping
- You may shower after dressing removal as long as the incisions/steritrips are dry
  - All incisions must be completely dry for 24 hours before getting wet in shower
  - Do NOT submerge the shoulder underwater for the first 6 weeks
- The sling is for comfort and to protect the repair.
  - Wear the sling for the first 4 weeks, removing it for exercises and showers
  - Wear the sling when out of the house for the first 6 weeks
- Protect the shoulder while getting dressed, keeping the arm close to your side
  - choose loose, comfortable clothing that is easy to put on and take off
  - the operative arm should go in first when putting on a shirt, and should come out last when taking off a shirt.
- Schedule a follow-up appointment for one week after surgery 410-448-6400

**PHASE I**

Begins immediately post-op through the first postoperative visit (2 weeks)

**Goals:**

- Protect the shoulder and minimize inflammation
- Ensure skin healing and initiate early range of motion

**Sling:**

- Wear the sling full-time, removing only for shower and exercises
- May type or write in the sling, but no holding or carrying anything heavier than a pen.

**Therapeutic Exercises (remove sling to perform 2 times per day):**

- *Adducted external rotation stretching.* Use the normal arm to passively rotate the hand/arm on the surgical side to the outside (away from the belly)

**PHASE II**

Begins 2 weeks postoperatively and extends to 4 weeks postoperatively

**Goals:**

- Protect the shoulder and the repair
- Regain shoulder motion

**Sling:**

- Wear the sling full-time, removing only for shower and exercises
- May type or write in the sling.
- No holding/carrying anything heavier than a pen/pencil

**Therapeutic Exercises (3 times per day):**

- All exercises from phase I
- *Active-assisted supine forward elevation*
- *Scapular retractions*

**PHASE III**

Begins 4 weeks postoperatively and extends to 8 weeks postoperatively

**Goals:**

- Protect the repair
- Improve range of motion
- Progress to active range of motion while minimizing inflammation

**Sling:**

- Discontinue the sling at home after 4 weeks
- Wear the sling outside of the home for the first 6 weeks

**Activities:**

- No lifting or carrying anything heavier than a cup of coffee or can of soda

**Therapeutic Exercises (2 times per day):**

- All exercises from Phase II
- *Behind-the-back internal rotation* stretching
- *Supported active adducted shoulder rotation.*
- *Upright active-assisted forward elevation* (may use pulley for assistance)

**PHASE IV**

Begins 8 weeks postoperatively and extends to 12 weeks postoperatively

**Goals:**

- Protect the repair
- Maximize range of motion
- Initiate strengthening

**Activities:**

- No lifting or carrying anything heavier than 5 lbs

**Therapeutic Exercises (2 times per day):**

- All exercises from Phase III
- *Cross-body stretch*
- *Hands-behind-head stretch*
- *Wall climb and stretch*
- *Theraband* strengthening in all planes

**PHASE V**

Begins 12 weeks postoperatively until 18 weeks postoperatively

**Additional criteria for advancement to Phase IV:**

- Painless range of motion

**Goals:**

- progress early functional strengthening
- Protect the repair

**Activities:**

- No restrictions for daily activities.

**Therapeutic Exercises (stretching every day, strengthening every other day):**

- All exercises from Phase IV
- Stretching in all planes
- Progressive theraband strengthening
- Initiate weight training with shoulders in adduction (Rows, biceps, triceps)
  - No presses, incline, pull downs, or dips

**PHASE VI**

Begins 18 weeks postoperatively

**Goals:**

- Maximize functional strength

**Therapeutic Exercises:**

- All exercises from Phase V
- progressive dynamic strengthening

**RETURN TO SPORT**

Requires clearance from physician

Sport training/practice once shoulder at 90% of uninvolved side

- Start with 'walk-through' at < 1% of maximum effort
- Increase 10% effort each session as tolerated

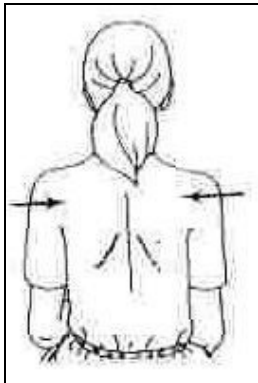
Goal of return to full participation in contact sports at 6 months

### Selected Exercise Diagrams (Phase 1)

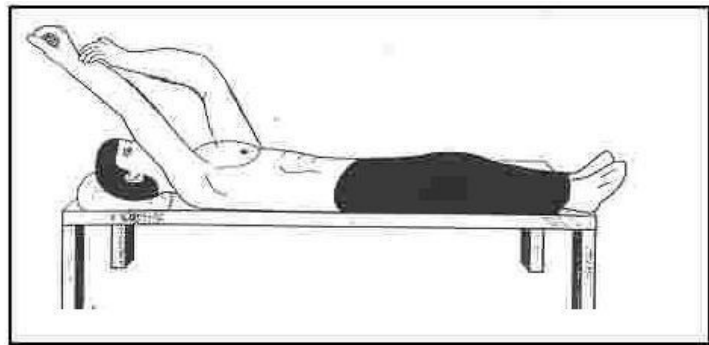


*Adducted External rotation stretching*

### Selected Exercise Diagrams (Phase 2)



*Scapular retractions*

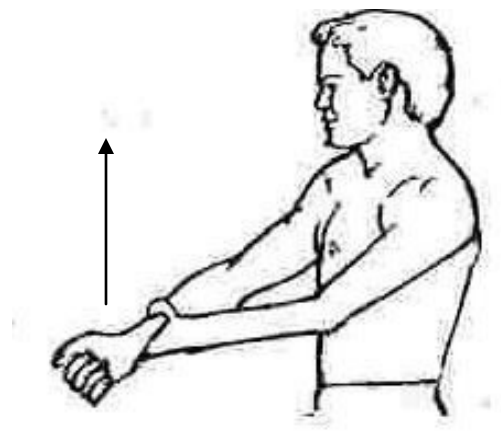


*Supine active-assisted forward elevation stretching*

### Selected Exercise Diagrams (Phase 3)

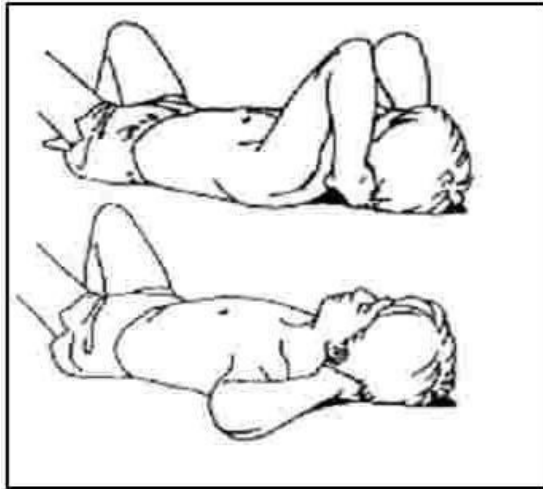


*Supported adducted active shoulder rotation*



*Upright active-assisted forward elevation*

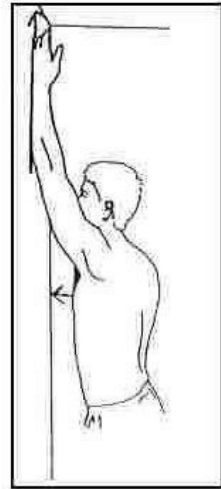
**Selected Exercise Diagrams (Phase 4)**



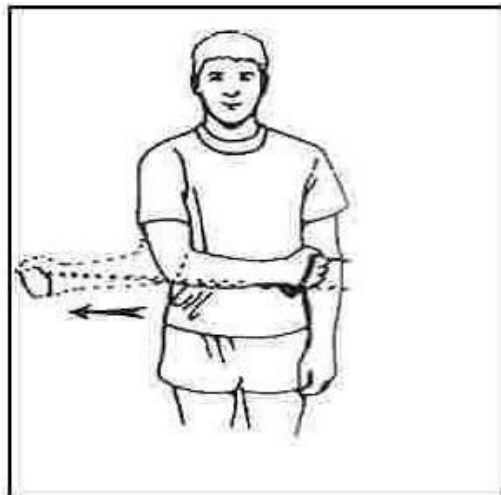
*Hands-behind-head stretch  
(External rotation stretching in abduction)*



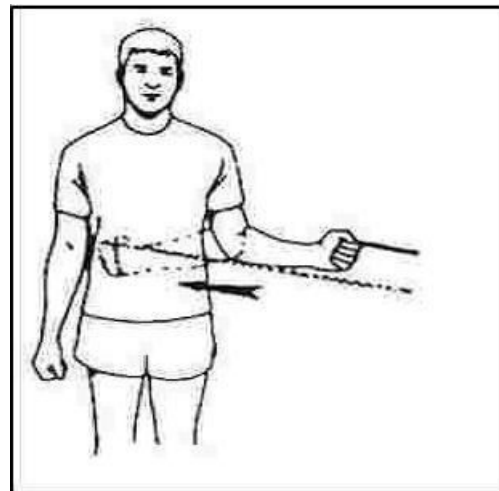
*Cross-body stretching*



*Wall climb*



*Theraband external rotation*



*Theraband internal rotation*