

# Latarget PT Protocol

## Criteria for discharge with return to sport (6-12 months)

- Full ARM appropriate for patient
- 5/5 MMT shoulder and scapular strength
- No substitution patterns
- Independent with home exercise program per patient needs
- Low pain scores
- Return to full abilities with ADLs
- Initiation and guidance with return to sport phase

## Phase I: Protection (Post surgical- 0-6 weeks)

### Post operative to 6 weeks

#### Goals

- Max protection of surgical repair (capsule, ligaments, labrum, sutures)
- Achieve staged ROM goals - **do not significantly exceed**
- Patient education on post-op restrictions and maintaining appropriate post
- Minimize shoulder pain and inflammatory response
- Ensure adequate scapular function

### Post operative to 3 weeks

#### Protection

- Sling usage 6 weeks (discuss with physician) including while sleeping

#### ROM Goals by week 3

- All ROM is to first end feel only
- Forward elevation to 90 degrees (or to initial tissue barrier if beyond 90 degrees)
- ER in scapular plane to 20 degrees (no ER at 90 degrees abduction)
- No abduction or internal rotation
- Elbow/wrist/hand ROM as tolerated

### Weeks 4 to 6

#### ROM Goals by week 6

Full PROM

- Forward elevation limited to 135 degrees
- IR to 50 degrees
- Abduction to 115 degrees
- ER in the scapular plane to 30 degrees
- ER at 90 degrees abduction to 30 degrees

#### Start AAROM

- Cane and wall walks with limitations to 135 degrees
- Pendulum exercises

#### AROM

- Begin at week 4 within limitations to 115 degrees flexion
- May begin elbow AROM

#### Strengthening

- Begin **submaximal** isometrics (ER, **IR**, Abduction, Flexion, Extension to hip only)
- Progress to maximal isometrics as tolerated
- Scapular stabilization (scapular clocks)
- By 6 weeks: theraband or lightly weighted exercises including IR, ER, extension, rows, triceps

#### Cardiovascular

- Stationary bike at 4-5 weeks

#### Goals to Progress to Next Phase

1. Appropriate healing of surgical repair by adhering to precautions and immobilization guidelines
2. Staged ROM goals achieved but not significantly exceeded
3. Minimal to no pain with ROM

### **Phase I: Intermediate Phase**

#### Weeks 7 to 12

#### Goals

- Achieve staged ROM goals to normalize PROM and AROM - **do not significantly exceed**

- Minimize shoulder pain
- Begin to increase strength and endurance
- Increase functional activities

### **Weeks 7 to 9**

#### **ROM Goals by week 9**

##### PROM

- May perform joint mobilizations (emphasis on posterior mobility)
- Forward elevation 155 degrees
- IR at 90 degrees of abduction to 60 degrees by week 8-9
- ER at 20 degrees ABD to 60 degrees
- ER at 90 degrees ABD to 75 degrees
- Initiate posterior capsule stretching

##### AROM

- Elevation to 145 degrees

#### **Strengthening**

- Begin light UBE
- Continuation of PRE's for scapular stabilizers (rows, shoulder extension, scapular retraction) utilizing low load, high repetition of 12-15 repetitions
- Dynamic resistance with PNF patterns and manual techniques
- Elbow extension strengthening using light weight/high reps
- Begin CKC exercise with table/wall weight shifts while keeping hands shoulder width or closer
- Initiate light resistance band ER/IR at 8 weeks
- Initiate SA punches at 9 weeks

### **Weeks 10 to 12**

- Initiation of jogging with physician clearance

#### **ROM Goals by week 12**

##### PROM

- WNL all planes

##### AROM

- Elevation WNL

#### **Strengthening.**

Initiate progressive loading program in this phase. Be aware to minimize stress placed on the anterior shoulder-don't overstress the anterior capsule (avoid deep push-ups, presses

with elbows in extension, etc).

- Initiate subscapularis resistance training
- Initiate bicep curls at 10 weeks (light resistance initially)
- Initiate dumbbell and free weight training at 10 weeks
- Progress PREs in all planes using progressive weight and high repetitions
- Rhythmic stabilization i.e. prone medicine ball eccentric drops, free throws, ball taps, etc.
- Progress CKC exercises while keeping hands shoulder width or closer

### **Goals to progress to next phase**

- Staged AROM goals achieved with minimal to no pain and without substitution patterns
- Appropriate scapular posture at rest and dynamic scapular control during ROM and strengthening exercises
- Strengthening activities completed with minimal to no pain

### **Phase III: Advanced Activity Phase**

#### **Weeks 12-20**

##### **Goals**

- Normalize strength, endurance, neuromuscular control, and power
- Gradual and planned build up of stress to anterior capsulolabral tissues
- Gradual return to full ALs, work, and recreational activities

#### **Weeks 12 to 16**

##### **ROM**

- Terminal ER stretches at 12 weeks
- Self-capsular stretches, ARM, and passive stretching as needed

##### **Strengthening**

- Advanced isotonics
- Initiate plyometrics (2-handed drills) i.e. chest pass
- Ball catch/toss at 90 degrees abduction position
- Begin dumbbell pec exercises with reduced motion in horizontal abduction to 45 degrees

- Begin light resistance training except: military press, pull ups, behind head pull-downs, overhead tricep extensions.
- Elbow should stay at or in front of midline of the body to reduce anterior shoulder stress early in this phase
- Advance push ups with elbows >90 at or following week 16
- Initiate overhead strengthening at week 16

### **Phase IV: Return to Sport/Activity**

#### **Weeks 16 to 20**

#### **ROM**

- May begin more aggressive stretching techniques

#### **Strengthening**

- Begin overhead PRE's - never behind midline of body
- Begin light toss or volley (refer to return to throwing program)
- Continue with specific training program
- Return to full activity
- Bench Press with bar at 6 months

1. Progress functional activities towards return activity or sport
2. Enhance neuromuscular control
3. Improve strength, power, and endurance
4. Muscular strength no less than 80% of contralateral side
5. Full functional ROM
  - 5/5 scapular and rotator cuff strength