

PROTOCOL FOR OPEN ANTERIOR SHOULDER STABILISATION WITH BONE BLOCK (LATERJET PROCEDURE)

This procedure is performed on patients with recurrent anterior dislocation of the glenohumeral joint and erosion of the anterior glenoid rim. A bony block from the coracoid process is screwed to the front of the glenoid to enlarge the socket and the anterior inferior labrum is attached to this.

AIMS FOR THE PROTECTIVE PHASE

- Protect the repair
- Prevent the negative effects of immobilisation
- Diminish pain and inflammation
- Promote a good posture

Inpatient

- Sling is applied in theatre and worn for 4 weeks
- Instruction to be given for correct removal of the sling for washing and dressing
- Elbow, wrist and hand exercises
- Scapular setting and posture correction
- **No active range of movement**
- Passive flexion to 90°, e.g. table slides

AIMS FOR THE INTERMEDIATE PHASE

- Restore full ROM
- Restore dynamic stability of the shoulder complex
- Proprioception

Out-patient

4 weeks

After an x-ray in orthopaedic clinic to ensure the bone graft has healed:

- Commence gentle active-assisted exercises to full range
- **Avoid lateral rotation beyond 30°**

6 - 10 weeks

- Active-assisted mobilisation exercises progressing to active exercises when able
- **Capsular stretches to 45° lateral rotation**
- Isometric exercises through range
- Commence a scapular stabilisation program if necessary with kinetic chain/core control exercises
- Commence low grade rotator cuff strengthening open and closed chain
- Start proprioception exercises but use only light weight bearing loads.

- Capsule stretches anterior and posterior
- Correct abnormal movement pattern
- Commence combined external rotation with abduction
- Restore muscle balance and dynamic stability throughout ROM

AIMS FOR THE ADVANCED PHASE

- Ensure full active ROM into combined positions
- Enhance power, strength and endurance
- Function specific end range stability

10+ weeks

- Capsular stretches to full lateral rotation
- Check scapular control throughout ROM
- Glenohumeral stabilisation exercises throughout ROM - swiss ball, PNF, theraband
- Return to full activity

6 months

- No contact sports until 6-12 months

References

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