

Latarget Shoulder Stabilization Guideline

Individual patient circumstances may affect the guideline
 (tear configuration, fixation used, associated procedures, etc.)

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-6	<ul style="list-style-type: none"> • Protect surgical site • Limit post-op pain • PROM up to: <ul style="list-style-type: none"> ○ Flexion 0-140° ○ Abduction 80° 	<ul style="list-style-type: none"> • Sling at all times • PROM only • ROM up to: <ul style="list-style-type: none"> ○ Flexion to 140° ○ ER to 25° in 30° of ABD ○ ABD to 60-80° ○ IR to 45° in 30° of ABD • No active IR or extension • Avoid canes/pulleys 	<ul style="list-style-type: none"> • PRICE <ul style="list-style-type: none"> ○ Cryotherapy: 5-7 times per day ○ Compression with TubiGrip/TEDS • Pendulums • Grip strengthening • Isometric scapular stabilization • Submaximal shoulder isometrics at week 4 • Modalities: e-stim, heat, ice as needed • Cardio: walking, stationary bike with sling on
Weeks 6-12	<ul style="list-style-type: none"> • Full, pain-free ROM in all planes • Shoulder IR and ER strength within 90% LSI in neutral position 	<ul style="list-style-type: none"> • May discontinue sling use • PROM in all planes as tolerate • May initiate AAROM/AROM as tolerated • No anterior directed glides • Avoid running or jumping 	<ul style="list-style-type: none"> • PROM as tolerated • AAROM and AROM • Shoulder mobilizations as needed • Isometric shoulder strengthening • Rotator cuff strengthening in non-provocative positions at week 8 • Scapular strengthening • Core strengthening • Modalities: per therapist • Cardio: walking, stationary bike, stairmaster
Weeks 12-20	<ul style="list-style-type: none"> • Full, pain-free ROM in all planes • Shoulder IR and ER strength within 90% LSI at 90 degrees of abduction 	<ul style="list-style-type: none"> • No ROM restrictions • Avoid swimming, throwing sports • Avoid contact activities • Closed-chain activities at week 16 	<ul style="list-style-type: none"> • End-range stretching • Joint mobilizations if needed • Continue with progressive resistance exercise <ul style="list-style-type: none"> ○ Banded shoulder strengthening in 90/90 position as tolerated • Discuss sport mechanics with therapist
Weeks 20+	<ul style="list-style-type: none"> • Full Rom in all planes • Strength ≥ 100% LSI in 90/90 position • Progression through overhead athlete program • Improve capacity for sport-specific demands 	<ul style="list-style-type: none"> • See OH athlete program for progressions based on tolerance • Return to contact sport between 4-6 months post-op with surgeon approval 	<ul style="list-style-type: none"> • Motion – posterior glides if capsule tightness • Continue with strengthening listed above • Progress with velocity based strengthening • Shoulder plyometrics • Initiate overhead athlete program

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.