



Armando F. Vidal, MD
Complex Knee, Shoulder and
Sports Medicine

Anterior Stabilization/ Multidirectional Stabilization/ Latarjet Protocol

0-6 Weeks Post Op

- Sling for 4 weeks post operatively
- Gentle PROM to tolerance
 - No AB & ER during first 6 weeks
- Elbow/Wrist ROM
- Gripping exercises
- Submax isometric ER, IR, AB, biceps in neutral, deltoid
- Scapular strengthening (scap, retraction/protraction, & supine SA protraction)

Week 5- discontinue sling after 4 weeks

- Progress to AROM
- Initiate light theraband exercises
- Begin UBE
- Begin light dynamic stabilization

6-12 Weeks Post Op

- Continue to work on any ROM deficits
 - Light joint Mobs as needed
- Progress isotonic strengthening
- Diagonal PNF patterns supine with manual resistance (D1, D2)
- Progress dynamic stabilization
- **Week 10:** Initiate “Throwers Ten” exercises if overhead athlete

12- 16 Weeks Post Op

- Continue ROM work if needed
- Continue to progress isotonic strengthening
- Begin light plyometric exercises
 - @ 13-14 weeks start 2 hand, gentle activities
 - @ 14-16 weeks progress to one-handed activities over one month
- Begin light swimming, if a pool is available



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16-24 Weeks Post Op- Return to Sport Activity

- Continue to progress strength and plyometrics
- Initiate interval throwers program if throwing athlete and strength is at least 90% contralateral side
- Initiate overhead program as appropriate if:
 - Full, non-painful ROM
 - No pain or tenderness
 - Strength 90% of contralateral side
- May begin sport specific activities once cleared by physician