

## Laterjet Procedure

### Physiotherapy Protocol

This open procedure is used in those patients with bone loss from the anterior rim of the glenoid, which occurs due to repeated dislocations or as a result of a bony Bankart lesion. It involves transferring the coracoid process, and the attached muscles, to the deficient glenoid rim, thus restoring the glenoid contact surface area and improving joint stability. The transferred muscles act as an additional barrier to further dislocations.

#### Consultant Clinic Follow up

- The patient is followed up at 3 weeks in clinic for X-Ray assessment of the glenoid rim healing
- A second clinic follow up appointment is planned for 3 months with a CT scan.

#### Aims of Physiotherapy

- Regain scapular and GHJ stability
- Regain full GHJ AROM, progressing proprioception through open and closed chain exercises
- Regain cuff strength

#### 0 - 2 weeks

- In polysling
- Patient education – post op restrictions and expectations, exercises – including scapula setting, posture, elbow F/E, wrist and hand movements
- Pain relief – medication, icing

#### 2 weeks onwards

- Review portals and removal of sutures if necessary
- Ensure patient has adequate pain relief if required
- Assess PROM of shoulder but avoiding  $> 20^\circ$  ER
- Begin active assisted and passive mobilisation of the shoulder again avoiding  $>20^\circ$  ER
- Advise patient to avoid combined ABD and ER until 6 weeks post op

3 - 6 weeks onwards

- Gradually reduce the use of the sling – discard at 4 weeks
- Progress from passive and active assisted movements to active ROM
- Assess and begin active ER past 20°- 45°
- Do not force or stretch the AROM
- Make sure that there is symmetrical scapular movement
- No combined active ABD and ER

6 - 12 weeks onwards

- Regain stability of scapula and GHJ – work on joint control more than ROM
- Gradually begin to increase AROM
- Address any residual posterior tissue tightness if necessary
- Improve proprioception – open and closed chain exercises
- Continue with strengthening
- Begin to incorporate sport specific exercises / rehabilitation

Return to functional activities / sport

- *Driving* earliest at 6 weeks, dependant on consultant's decision
- *Return to work* light duties (desk based) from 2 weeks; heavier duties from 3 months
- *Swimming* breaststroke from 6 weeks; freestyle from 8 - 12 weeks
- *Golf* from 3 months
- *Contact sports* from 3 months (football, rugby, horse riding, racket sports), but may be at Consultant's discretion