

## *Latarjet Therapy Protocol*

	RANGE OF MOTION	SLING	EXERCISES	PRECAUTIONS
<b>PHASE I 0-4 weeks</b>	<ul style="list-style-type: none"> <li>• True passive ROM to patient tolerance</li> <li>• Goals:               <ul style="list-style-type: none"> <li>- 120° Forward flexion</li> <li>- 25° ER in the 30° abducted position</li> <li>- 60°-80° abduction in scapular plane without rotation</li> </ul> </li> <li>• Limit IR to 45° in the 30° abducted position</li> <li>• Maintain elbow anterior to mid axillary line when supine</li> </ul>	<p>At all times (except shower and PT)</p>	<ul style="list-style-type: none"> <li>• No canes or pulleys</li> <li>• Elbow/wrist/ hand ROM and grip strengthening</li> <li>• Isometric scapular stabilization in sling</li> </ul>	<ul style="list-style-type: none"> <li>• No active ROM</li> <li>• No stress to anterior capsule</li> <li>• No excessive ER stretching or ROM</li> <li>• No lifting with operative extremity</li> </ul>
<b>PHASE II 4-10 weeks</b>	<ul style="list-style-type: none"> <li>• Week 4-6:               <ul style="list-style-type: none"> <li>- Continue PROM and begin AAROM:</li> <li>- FF and abduction to tolerance</li> <li>- 0°-45° ER in 30° abduction position</li> <li>- 0°-45° IR at 30° abduction</li> <li>- NO aggressive stretching</li> </ul> </li> <li>• Week 6-10:               <ul style="list-style-type: none"> <li>- Progress PROM</li> <li>- Begin AAROM → AROM as tolerated with good mechanics</li> <li>- ER/IR as tolerated</li> </ul> </li> <li>• Goals:               <ul style="list-style-type: none"> <li>- FF/Abduction &gt; 155°</li> <li>- ER/IR &gt; 75° at 90° abduction</li> </ul> </li> </ul>	<p>DC at week 6</p>	<ul style="list-style-type: none"> <li>• Week 4-6:               <ul style="list-style-type: none"> <li>- Begin gentle AAROM exercises (supine)</li> <li>- Gentle GH joint mobs (I and II) if ROM is significantly lacking</li> <li>- Begin posterior capsule stretching (sleepers, cross-body)</li> </ul> </li> <li>• Week 6-10:               <ul style="list-style-type: none"> <li>- Begin balanced AROM/strengthening program</li> <li>- Strengthen scapular retractors and upward rotators</li> <li>- High rep, low resistance (1-3 lb) low dynamic positions</li> <li>- Open/Closed chain exercises</li> <li>- IR/ER with tubing at 0° abduction with towel roll</li> <li>- Side-lying ER with towel</li> <li>- Prone rows at 30°/45°/90° abduction to neutral arm position</li> <li>- Light manual resistance ER supine in scapular plane</li> </ul> </li> <li>• Rhythmic stabilization drills</li> </ul>	<ul style="list-style-type: none"> <li>• No AROM until adequate PROM w/ good mechanics</li> <li>• No lifting with operative extremity</li> <li>• No biceps strengthening</li> <li>• No excessive ER ROM or stretching</li> <li>• Avoid excessive load to anterior capsule (pushups, pectoral flies, etc.)</li> <li>• Avoid empty can exercise</li> </ul>

	RANGE OF MOTION	SLING	EXERCISES	PRECAUTIONS
<b>PHASE III 10-16 weeks</b>	<ul style="list-style-type: none"> <li>Increase to full AROM without discomfort</li> </ul>	None	<ul style="list-style-type: none"> <li>Continue with scapular strengthening</li> <li>Cross body diagonals with tubing</li> <li>Push up plus (wall, counter, knees on floor, floor)</li> <li>Begin biceps strengthening with light resistance</li> <li>Forward punch</li> <li>Begin light pec major and minor strengthening (avoid anterior capsule stress)</li> <li>IR resistive band at 0, 45, 90 of abduction</li> </ul>	<ul style="list-style-type: none"> <li>Do not overstress anterior capsule with aggressive overhead activity or strengthening</li> <li>Avoid contact sports</li> <li>Avoid strengthening in given plane until near full ROM in that plane of movement</li> </ul>
<b>PHASE IV 16-24 weeks</b>	<ul style="list-style-type: none"> <li>Full ROM without discomfort</li> </ul>	None	<ul style="list-style-type: none"> <li>Advance strengthening as tolerated</li> <li>Isometrics→bands→light weights               <ul style="list-style-type: none"> <li>8-12 reps/2-3 sets for rotator cuff, deltoid and scapular stabilizers</li> </ul> </li> <li>May begin pre injury level activity when cleared by MD</li> </ul>	<ul style="list-style-type: none"> <li>Avoid excessive anterior capsule stress</li> <li>Avoid dips, wide grip bench, military press; <b>keep all lifts and exercises above plane of body</b></li> <li>No throwing or overhead athletic activity until 4 months postop and cleared by MD</li> </ul>

- Do NOT change bandages unless instructed by physician
- Monitor for pain and swelling. Modify as necessary.
- Encourage home exercises program daily
- Encourage ice 4x a day for 20 minutes while swelling is present.
- For any questions or concerns please contact Dr. Tauberg's office