

Latarjet Rehabilitation Protocol

	<u>RANGE OF MOTION</u>	<u>SLING</u>	<u>THERAPEUTIC EXERCISE</u>
PHASE I (1-4 WEEKS)	Forward flexion and elevation to tolerance. Abduction in plane of scapula to tolerance. Internal rotation in plane of scapula to 45° with shoulder in 30° of abduction. External rotation in plane of scapula from 0-30°.	Wear sling at all times except for hygiene and exercises.	Hand, elbow, wrist pendulum and ball squeezes. Scapula isometrics.
PHASE II (4-8 WEEKS)	Forward flexion and elevation to tolerance. Abduction in plane of scapula to tolerance. Internal rotation to 60° with shoulder in 30° abduction. External rotation in plane of scapula 0-45°.	Discontinue at 4 weeks	Continue phase I exercises. Glenohumeral joint mobilization. Scapulothoracic joint mobilization. Posterior capsular stretching. Rhythmic stabilization: ER/IR, Abd/Add, Fle/Ext Week 5-6 - initiate open and closed chain exercises to tolerance.
PHASE III (8-12 WEEKS)	Full passive range of motion to active range of motion as tolerated.	Discontinue	Rotator cuff, deltoid, scapula strengthening and stabilizing. theraband strengthening.
PHASE IV (12-16 WEEKS)	Full passive range of motion and active range of motion.	Discontinue	Advance strengthening as tolerated. Continue stretching. Initiate throwing program at 4 months post-op. May advance to weight training as tolerated at 4 months.