

## Latarjet Procedure Physical Therapy Protocol

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**Patient Name:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

### \_\_\_ **Phase I (0-6 wks): *Period of protection***

- **Weightbearing:** Non-weight bearing (NWB).
- **Slings:** Continue for 6 weeks. Remove only for hygiene.
- **ROM:**
  - PROM only for first 6 weeks. No aggressive stretching. Do not force any painful motion.
  - Week 0-4: Goals of FF 140°, ER 25° in 30° of ABD, ABD 60-80°; limit IR to 45° in 30° of ABD
  - Weeks 4-6: Increase PROM to tolerance, except for limiting ER to 45° in 30° of ABD
- **Therapeutic exercises:**
  - Weeks 0-4: pendulums, grip strengthening, isometric scapular stabilization; elbow/wrist/hand ROM
  - Weeks 4-6: Begin gentle joint mobilizations; limit ER to passive 45°
  - No active IR or extension; no canes or pulleys
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### \_\_\_ **Phase II (Weeks 6 – 12):**

- **Slings:** Discontinue
- **ROM:**
  - Increase PROM as tolerated.
  - Begin AAROM and AROM
- **Therapeutic exercises**
  - Weeks 6-8: begin light cuff/deltoid/biceps isometrics
  - Weeks 8-12: begin light resisted ER, FF, ABD, and IR exercises; begin extension and scapular retraction exercises



— **Phase III (Months 3 – 6):**

- **Range of Motion:** Full without discomfort
- **Exercises:** Continue Phase II, advance as tolerated, include closed chain scapular rehabilitation and functional rotator cuff strengthening; focus on anterior deltoid and teres
  - **Month 4:** Advance strengthening as tolerated from isometrics to therabands to light weights; emphasize *low-weight, high rep* exercises
- ***Return to sport at 20-24 weeks pending surgeon approval***