

LATARJET PROCEDURE REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 0-6 Weeks	0-2 weeks: None 2-6 weeks: begin PROM Limit flexion to 90° external rotation to 45°, extension to 20° <i>Avoid active IR and extension until 6 weeks to protect subscap repair</i>	0-2 weeks: Always Worn -day and night Off for hygiene and gentle exercise only 2-6 weeks: Worn daytime only**	0-2 weeks: elbow/wrist ROM, grip strengthening, closed chain scapula, gentle ROM 2-6 weeks: begin PROM activities - Codman's', posterior capsule mobilizations; avoid stretch of anterior capsule and extension; closed chain scapula *Lower body, core, and gentle stationary bike okay if arm in sling and not being used
PHASE II 6-12 Weeks	Begin active/assisted ROM, PROM to tolerance Goals: Full extension and external rotation, 135° flexion, 120° abduction	None	Continue Phase I work: begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks Begin resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff*
PHASE III 12-16 weeks	Gradual return to full AROM	None	Advance activities in Phase II: emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Running/elliptical/cycling okay at 12 weeks
PHASE IV 4-5 months**	Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening Begin plyometric and throwing/racquet program, continue with endurance activities
PHASE V 5-7 months	Full and pain-free	None	Progress Phase IV activities. Return to full activity as tolerated

*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in Phase II

**May remove sling if arm is supported on chair/desk/table (i.e. desk work, eating)

***Patient protocols may vary. Please follow patient-specific script if modified