

PHYSICAL THERAPY PROTOCOL: Latarjet

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks

Phase 1 → 0-6 Weeks Post-Op

Sling:

- 0-2 weeks: Worn at all times (day and night), off for exercises only
- 2-6 weeks: Worn daytime only

Range of Motion:

- Limit ER to passive ROM at 45 degrees to protect subscap repair
- Forward flexion as tolerated

Exercises:

- 0-3 weeks: Grip strengthening, pendulums
- 3-6 weeks: Begin cuff and deltoid isometrics
 - o limit passive ER to 45 degrees
 - o No active IR and no active extension until 6 weeks

Phase 2 → 6-12 Weeks Post-Op

-D/C sling

Range of Motion:

- Full ROM as tolerated
- Begin AAROM → AROM for internal rotation and extension as tolerated

Exercises:

- 6-8 weeks: Begin light resisted ER, forward flexion, and abduction
- 8-12 weeks: Begin resisted IR, extension, and scapular retraction

Phase 3 → 3-6 Months Post-Op

-Progress to full range of motion without discomfort

Exercises:

- Advance strengthening as tolerated
- Closed chain scapular rehab
- Functional rotator cuff strengthening; focus on anterior deltoid and teres
- Maximize subscap stabilization