

Physical Therapy Prescription

Latarjet Rehabilitation Protocol

TIME PERIOD	RANGE OF MOTION	IMMOBILIZER	EXERCISES
0-2 Weeks	OK to use hand cautiously in front of body for functional tasks like typing (in sling).	Worn at all times except for hygiene and exercises.	Wrist, elbow, hand ROM. No shoulder range of motion.
2-4 Weeks	Pendulums Only	Worn at all times except hygiene and exercises	Wrist, elbow, hand ROM. Pendulums ok. Scapular stabilization, scapular clock (no resistance).
4-6 weeks	Begin passive range of motion, active assisted ROM, and active ROM. Begin forward elevation to 90° and increase as tolerated. Begin external rotation at 0° and increase to 25°.	Wean out of brace	Wrist, elbow, & hand ROM. Pendulums. Scapular stabilization exercises. May work on isometrics, but no internal rotation isometrics.
6-12 weeks	Increase to full motion as tolerated	None	May begin gentle Thera band exercises. Progress as tolerated. OK to do light weights in front of body at 10 weeks (i.e. bench type, not flies).
3-6 months	Full motion without discomfort	None	Begin sport specific drills and throwing progression. Return to previous level of activity. Golf 3 months. Weight training & tennis 4 months. Contact sports at 5 months.

*****Begin Physical Therapy 2 weeks after surgery**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Extension 4012 Fax: 402-488-3336</p> <p>Patient Name: _____</p> <p>Surgery Date: _____</p> <p>Side (Circled): Right Left</p> <p>Physical therapy to evaluate and treat for post op Latarjet</p> <p>Notes: _____</p> <p>MD signature: _____</p>
