



Physical Therapy Protocol – Latarjet Reconstruction

Diagnosis: R / L Latarjet Reconstruction

Date of Procedure: _____

Frequency: 2-3 Times Per Week for ____ weeks

Weeks 0-6:

- **Sling with pillow at all times except hygiene**
 - o **Range of Motion:** PROM only for first 6 weeks to tolerance
 - Weeks 0-4: goals FF 140, ER 25 in 30 Abd, Abd 60-80, limit IR to 45 in 30 of Abduction
 - Weeks 4-6: increase PROM to tolerance and increase ER to 45 in 30 of Abduction
- **Exercises**
 - o Weeks 0-4: pendulums, grip strengthening, isometric scapular stabilization, elbow/wrist/hand ROM
 - o Weeks 4-6: begin gentle joint mobilizations; limit ER to passive 45 degrees
 - o **No active IR or extension, NO canes or pulleys**
- **Modalities:** per therapist to include e-stem, ultrasound, heat before and ice following therapy

Weeks 6-12:

- **Ok to wean out of sling unless in crowd or slippery environment**
- **Range of motion:** increase PROM as tolerated, begin AAROM/AROM
- **Exercises:**
 - o Weeks 6-8: begin light cuff/deltoid/biceps isometrics
 - o Weeks 8-12: begin light resisted ER, FF< Abd, and IR exercises, begin extension and scapular retraction exercises
- **Modalities:** per therapist to include e-stem, ultrasound, heat before and ice following therapy

Months 3-6:

- **Range of motion:** full AROM without discomfort
- **Exercises:** progress to begin closed chain scapular rehabilitation and functional RTC strengthening, focus on anterior deltoid and teres, **at month 4** advance strengthening as tolerated from isometrics to TheraBands to light weights with emphasis on low weight, high rep exercises
- **Consider return to sport at 20-24 weeks** pending MD approval