LATARJET PROCEDURE
REHABILIATION 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° *Avoid active IR and extension until 6 weeks to protect subscap repair*	**0-2 weeks:** Worn at all times 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 (ie desk work, eating)

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