

Rehabilitation Protocol:
Latarjet Coracoid Process Transfer

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ARTHROSCOPIC SURGERY | JOINT RECONSTRUCTION



Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 0-4)

- Sling to be **worn at all times** except for showering and rehab under guidance of PT
- Range of Motion
 - **Passive Range of Motion Only** to Patient Tolerance
 - Goals: 140° Forward Flexion, 25° External Rotation in the 30° abducted position, 60-80° Abduction in the plane of the scapula without rotation, Limit Internal Rotation to 45° with the shoulder in the 30° abducted position
 - Maintain elbow at or anterior to mid-axillary line when patient is supine
- Codman Exercises/Pendulums
- Elbow/Wrist/Hand Range of Motion and Grip Strengthening
- Isometric Scapular Stabilization
- Heat/Ice before and after PT sessions

Phase II (Weeks 4-10)

- Discontinue sling immobilization at 6 weeks post-op
- Range of Motion
 - **4-6 weeks:** PROM: FF and Abduction to tolerance, 45° External Rotation in the 30° abducted position
 - **6-10 weeks:** Begin AROM as tolerated: ER/IR to tolerance
- **Goals:** FF/Abduction > 155°, ER/IR >75° at 90° of shoulder abduction
 - **4-6 weeks:** Being gentle AAROM exercises (supine position), gentle joint mobilizations (grades I and II), continue with Phase I exercises
 - **6-10 weeks:** Progress to active exercises with resistance, shoulder flexion with trunk flexed to 45° in upright position, begin deltoid and biceps strengthening.
- Modalities per PT discretion

Phase III (Weeks 10-16)

- Range of Motion – Progress to full AROM without discomfort
- Therapeutic Exercise
 - Continue with scapular strengthening
 - Continue and progress with Phase II exercises
 - Begin Internal/External Rotation Isometrics
 - Push up plus (wall, counter, knees on floor, floor)
- Modalities per PT discretion

Phase IV (Months 4-6)

- Range of Motion – Full without discomfort
- Therapeutic Exercise – Advance strengthening as tolerated: isometrics, TheraBand, light weights
 - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
 - Return to sports at 6 months if approved
- Modalities per PT discretion

Comments:

Frequency: 2-3 times per week

Duration: 6 - 8 weeks

Signature: _____

Date: _____