

Rehabilitation Protocol Latarjet (Coracoid Transfer)

Phase I (Weeks 0-4): Protect Repair

- Sling to be worn at all times except for showering and rehab under guidance of PT
- Range of Motion – True Supine Passive Range of Motion Only to Patient Tolerance
 - o 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
 - o Maintain elbow at or anterior to mid-axillary line when patient is supine
- Therapeutic Exercise – No canes or pulleys during this phase
 - o Codman Exercises/Pendulums
 - o Elbow/Wrist/Hand Range of Motion and Grip Strengthening
 - o Isometric Scapular Stabilization
- Heat/Ice before and after PT session
- Wound care: OK to shower at 72hrs. Maintain Tegederm dressing until seen in clinic. If the dressing becomes soiled, ok to remove.
 - o No creams/lotions/oils to incision unless directed by MD.
 - o No Baths/lakes/hot tubs/rivers/oceans until 6 weeks.

Phase II (Weeks 4-10): Protect Repair/ROM

- Discontinue sling immobilization at 6 weeks post-op
- Range of Motion
 - o 4-6 weeks: PROM -- FF and Abduction to tolerance, 45° External Rotation in the 30° abducted position

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o 6-10 weeks: Begin AAROM and AROM as tolerated: ER/IR to tolerance

Goals: FF/Abduction > 155°, ER/IR >75° at 90° of shoulder abduction

Phase III (Weeks 11+): Protect Repair/ROM

- Continue ROM exercises towards goal set in Phase II.
- Scapular mobility exercises
- Strengthen Rotator cuff musculature with anticipation of return to sport.
- Therapeutic modalities per therapist.

- Therapeutic Exercise
 - o 4-6 weeks: Being gentle AAROM exercises (supine position), gentle joint mobilizations (grades I and II), continue with Phase I exercises
 - o 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): Full restoration of ROM

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

Phase IV (Months 4-6): Strengthening/Return to Sports

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