

PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

G. CLAY BAYNHAM, M.D. | MICHAEL COONEY, M.D. | MELISA ESTES, M.D. | VINCENT FOWBLE, M.D. | KENNETH GERSZBERG, M.D.
BRIAN HILL, M.D. | JOHN HINSON, M.D. | JAMES KERPSACK, M.D. | JUSTIN KEARSE, M.D. | MICHAEL LEIGHTON, M.D. | FERNANDO MORA, M.D.
ANDREW NOBLE, M.D. | SCOTT NORRIS, D.O. | JOHN SCHILERO, D.P.M. | ANDREW SELTZER, D.O. | GARY WEXLER, M.D.

Rehabilitation Protocol **Latarjet**

Phase I: Protect repair (*0 to 6 weeks*)

- Sutures are all underneath the skin and will dissolve on their own.
- Ice encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be in place when not performing exercises.
- Initiate exercise program 3 times per day:
 - Immediate elbow, forearm and hand range of motion out of sling
 - Pendulum exercises
 - Passive and active assistive ER at the side to 30, flexion to 130, true glenohumeral scapular plane abduction 90
- May start active scapular mobility exercises at 3 to 4 weeks – Must keep the shoulder musculature relaxed.
- Avoid range of motion into abduction, ER >30 degrees or active IR

Phase II: Progress ROM & Protect Repair (*6 to 12 weeks*)

- May discontinue sling.
- Lifting restriction of 5 pounds with the involved extremity.
- Advance active and passive ROM:
 - ER at the side and flexion to tolerance
 - Scapular plane elevation to 130
 - IR and extension to tolerance
- Initiate gentle rotator cuff strengthening.
- Continue scapular stabilizer strengthening.
- Avoid combined abduction and ER ROM, active or passive.

Phase III: Full function (*>3 months*)

- Begin combined abduction and ER ROM and capsular mobility.
- Discontinue lifting restrictions.
- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 4 months.

(561) 694-7776 | www.pboi.com

4215 BURNS RD, SUITE 100, PALM BEACH GARDENS, FL 33410 | 2055 MILITARY TR, SUITE 200, JUPITER, FL 33458
1411 FLAGLER DR, SUITE 9800, WEST PALM BEACH, FL 33401 | 7701 SOUTHERN BLVD, SUITE 100, WEST PALM BEACH, FL 33411