

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Latarjet Procedure

Three times per day home exercise program including:

Phase 1: Week 0-6 (1st PT visit scheduled to follow on day of 2-week post-op surgical visit)

- Maintain sling use
- POD 1: hygiene, finger, wrist, elbow AROM
- POD 7-10 (at 1st therapy visit): Formal PT AND Three time daily (TID) home exercise program (HEP)
 - Passive ER 0-30° with elbow at the side, FF 0-130°
 - Table slides, supine wand external rotation
 - Periscapular isometrics
- Core strengthening for athletes
- No lifting greater than a coffee cup

Phase 2: Week 6-12 (*Initiate based on osseous integration)

- Wean out of sling (maintain for one more week in public)
- PROM 4-quadrant stretches avoiding the position of apprehension
 - Unrestricted phase I and II stretches
 - Pulleys, table slides, supine wand exercises in all planes
- Periscapular isometrics, stabilization and proprioception
- Phase I cuff strengthening
- Biceps, triceps, deltoid strengthening
- No lifting > 5 lbs

Phase 3: Week 12-16

- Add total arm strengthening

Phase 4: Week 16-18

- Independent home exercise program
- Return to play
- Work hardening

More info: twincitiesshoulderandelbow.com/shoulder-dislocations-shoulder-elbow-specialist-minneapolis-saint-paul.html