





## 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 1<sup>st</sup> therapy visit): Formal PT AND Three time daily (TID) home exercise program (HEP)
  - $\circ$   $\,$  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

 $More\ info:\ twincities should erandel bow.com/should er-dislocations-should er-elbow-specialist-minneapolis-saint-paul.html$ 

This document does not necessarily represent the opinion of these parent health organizations. It is designed in good faith to increase your understanding of this injury and your treatment options. It does not replace the opinion, discussion, and treatment from a trained medical professional.