

[Twincitiesshoulderandelbow.com](http://Twincitiesshoulderandelbow.com)  
Dr. Chad Myeroff's Rehabilitation Protocol

Latarjet Procedure (Coracoid Transfer)

**Three times per day home exercise program including:**

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

- Maintain sling use (except for hygiene, TID finger, wrist, elbow AROM and therapy)
  - OK for axillary cares (hangs) but no pendulum swings / Codman's.
- POD 7-14: Formal PT AND three times daily (TID) home exercise program (HEP)
  - PROM ER 0-30° with elbow at the side, FF 0-130°
    - Table slides, pulleys, supine wand exercises
  - Periscapular isometrics
- Core strengthening
- No lifting greater than a coffee cup

Phase 2: Week 6-12

- Wean out of sling (maintain for one more week in public)
- A/AA/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
- Begin phase I cuff strengthening once ROM is full
- 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 high level functional ADLs and simulation of work environment



More info: [twincitiesshoulderandelbow.com/shoulderdislocation/](http://twincitiesshoulderandelbow.com/shoulderdislocation/)



[twincitiesshoulderandelbow.com/patienteducationdocuments/](http://twincitiesshoulderandelbow.com/patienteducationdocuments/)