

Tyler P. Welch, M.D., FAAOS
www.SeacoastSportsSurgeon.com

REHABILITATION PROTOCOL – LATARJET PROCEDURE

Phase I (0-6 weeks)

ROM:

- PROM as tolerated
- Limit ER to passive 45° to protect subscapularis

Sling:

- Weeks 0-2: Worn at all times; off for elbow ROM + pendulums
- Weeks 2-6: Worn during the day only; off for elbow ROM and PT

Exercises:

- Shoulder PROM; wrist/hand ROM; pendulums, wall stretches shoulder ROM (AA)
- Add closed chain scapular work (protract/retract) deltoid isometrics, cuff isometrics in adduction
- **Avoid** active IR

Phase II (6-12 weeks)

ROM:

- As tolerated (Passive, active assist, active)
- Start active assist/active IR and extension

Sling: None

Exercises:

- Continue as above
- Advance active forward flexion, abduction, and ER with resistance
- Start resisted IR, scapular retraction at 8 weeks

Phase III (12-24 weeks)

ROM: Full

Sling: None

Exercises:

- Continue as above
- Advance eccentric strengthening as tolerated
- Progress resisted IR as tolerated
- Focus on periscapular muscles, anterior deltoid, and teres muscles
- Work and sport specific exercises