

Latarjet
Postoperative Rehabilitation Protocol
Dr. Jeffrey Witty, M.D.

	Weightbearing	Sling	ROM	Exercise
Phase I Week 0 - 3	NWB	Immobilizer at all times when not doing exercises	Elbow: PROM only Shoulder: Supine PROM/AAROM - Scaption 0 – 90 - ER at side 0 – 30	No strengthening
Phase II Week 3 - 6	NWB	Immobilizer at all times when not doing exercises	Elbow: Begin AROM No resistance, no strengthening Shoulder: Supine PROM/AAROM - Scaption 0 – 120 - ER at side progress as tolerated	Continue Phase I No strengthening
Phase III Week 6 - 12	ADLs only, restriction approx. to 5lbs	Wean out of immobilizer	Elbow: AROM as tolerated Shoulder: Progress AAROM/PROM/AROM as tolerated to normalize motion	Continue Phase II Start ER/IR light therabands. No overhead or elbow strengthening Start scapula retraction exercises with elbow at the side, no resistance. Can begin exercise bike
Phase IV Week 12 - 24	Progress as comfort allows	No immobilizer	Elbow and Shoulder: Progress to full ROM Passive stretching as needed for ROM	Continue Phase III Begin jogging, cardiovascular conditioning Will start strengthening once coracoid healing confirmed by

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				M.D. Once ROM and strength normalizes, begin sport specific training
Phase V	No restriction	No immobilizer	Full motion	Progress to athletes and full activity

Other Notes:

- Return to play can range from 4 – 9 months or longer after surgery depending on literature

Modalities:

- Ice for swelling, pain

Rehab adapted from:

Josshi et al Orthop Clin N Am 2015 (Walch article)

Young et al JSES 2011 (Walch article)

Burkhart et al Advanced Reconstruction of the Shoulder 2