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Rehabilitation Instructions: Latarjet Reconstruction

WEEKS 0–4: No formal outpatient therapy, healing phase at home for tissue recovery

- **Sling with pillow:** Wear at all times except for hygiene, grooming, home exercises
- **Arm position:** Arm at side or in front; when reclining, a pillow should be placed behind the elbow with sling in place so the elbow is always visible
- **Range of Motion:** No shoulder ROM (except pendulums); elbow/wrist motion ONLY
- **Exercises:** Pendulums when pain permits, gripping

THERAPY Phase I (Weeks 4 – 6 after surgery): Early joint mobilization with protection

- **Sling:** Wear sling at all times with above exceptions (with arm at side may feed, brush teeth, type, get dressed) until 6 weeks, discontinue when cleared in clinic
- **Arm position:** as above, no active internal rotation or passive IR behind the frontal plane (no extension)
- **Range of Motion:** PROM/AAROM progression with limit of 45 passive ER
- **Exercises:** pendulums, supine well arm assisted elevation, isometric scapular stabilization, elbow/hand/wrist ROM, no pulleys or cane/stick mobilization
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

THERAPY Phase II (Weeks 6 – 12 after surgery): Active motion, resumption of normal activities, stretches

- **Sling:** Discontinued, may consider wearing (without pillow) when outside the home for protection and as sign of vulnerability to others
- **Arm position:** Progress to full as tolerated
- **Range of Motion:** Progress AROM without formal restrictions, initiate gentle IR and extension
- **Exercises:** continue Phase I, stretches such as table slides and wall walks as tolerated with limits based on pain, early strengthening for cuff, deltoid, scapular stabilizers
- **Modalities:** As previous, consider aquatic therapy for slow active motion with arm at water surface

THERAPY Phase III (Weeks 12 – 24 after surgery): Final strengthening, complete functional independence

- **Range of Motion:** increase as tolerated with passive stretching at end ranges including terminal ER, stretches in IR up the back



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- **Exercises:** continue Phase I/II with home program education, closed chain scapular rehab, strengthening with bands with focus on low weigh high rep (should be able to do 20 reps), functional strength for all ADLs
- **Athletics:** light athletics at 12 weeks including jogging, chipping/putting and higher level athletics at 16 weeks including running, tennis, golf, light weight training
- **Criteria for discharge home:** pain free active ROM for shoulder elevation, independence with home maintenance program