

NAME: _____ DOS: _____

FREQUENCY/DURATION: ___ TIMES PER WEEK FOR ___ WEEKS

Latarjet Coracoid Process Transfer

Phase 1 (weeks 0-4)

- Sling Immobilization**
 - Sling with abduction pillow to be **worn at all times** except for showering and rehab under guidance of PT
- Range of Motion- true passive ROM** only to patient tolerance
 - Goals: 140 degrees of forward flexion, 25 degrees ER in the 30 degree abducted position, 60-80 degrees abduction in the plane of the scapula without rotation, limit IR to 45 degrees with the shoulder in the 30 degree abducted position
 - Maintain elbow at or anterior to mid axillary line when patient is supine
- Therapeutic Exercises: No canes or pulleys at this time**
 - Pendulum/Codman exercises
 - Elbow/wrist/hand range of motion
 - Grip strengthening
 - Isometric scapular stabilization (shoulder shrugs, shoulder blade pinches)
 - Postural education
 - Heat/ice PRN
- Activity to Avoid**
 - No active ROM of your shoulder, even if there is minimal to no pain
 - Avoid pushing up from lying or seated position with arm

Phase 2 (Weeks 4-10)

- Sling Immobilization**
 - May discontinue sling at 6 weeks post op
- Range of Motion**
 - **Weeks 4-6:** PROM --> FF and abduction to tolerance, 45 degree ER in the 30 degree abducted position
 - **Weeks 6-10:** Begin AAROM --> AROM as tolerated: ER/IR to tolerance
 - **Goals:** FF/Abduction > 155 degrees, ER/IR >75 degrees at 90 degrees of shoulder abduction
- Therapeutic Exercises**
 - Week 4-6: begin gentle AAROM exercises (supine), gentle joint mobilizations (1&2), continue with phase 1 exercises
 - Week 6-10: progress to active exercises with resistance, shoulder flexion with trunk flexed to 45 degrees in upright position, begin deltoid and biceps strengthening
 - Modalities PRN

Phase 3 (Weeks 10-16)

- Range of Motion**
 - Advance to full/painless ROM
- Therapeutic Exercises**
 - Continue with scapular strengthening
 - Continue to progress with phase 2 exercises
 - Begin IR/ER isometrics
 - Push up plus (wall, counter, knees on floor)

Phase 4 (Months 4-6)

- Range of Motion**
 - Continue ROM/stretching program to maintain ROM
- Therapeutic Exercises**
 - 3 days/week home strengthening program
 - Advance strengthening as tolerated: isometrics --> therabands --> light weights
 - 8-12 repetitions/ 2-3 sets for rotator cuff, deltoid, and scapular stabilizers
 - Return to sports at 6 months if approved