



Derek Cuff, M.D.

Suncoast Orthopaedic Surgery and Sports Medicine

836 Sunset Lake Blvd; Venice FL 34292

Phone: 941-485-1505

Website: www.suncoastshoulder-elbow.com

Email: dcuff001@hotmail.com

Latarjet Procedure Rehab Protocol

Post-operative Weeks 0-4

- Patient will remain in their shoulder immobilizer for the first 4 post-operative weeks
- The patient will remove the immobilizer for showering and dressing, but the rest of the day and at night the patient should remain in the immobilizer
- The patient is allowed to use the elbow/wrist/hand for light activity directly in front of the body
- No lifting greater than 5 lbs with the operative extremity

Post-operative Weeks 4-12

The goal of weeks 4-12 is to gradually restore range of motion to the operative shoulder. The surgical repair is still in the process of healing and overly aggressive range of motion SHOULD

NOT be performed. The patient should attend physical therapy 3 x a week, and do their own exercises on the off days. The patient's shoulder immobilizer is discontinued 4 weeks post op.

- Supine passive forward elevation and external rotation can be initiated; initially in weeks 4 and 5 the goal should be forward elevation in the scapular plane to 120 degrees, and external rotation with arm at the side to 30 degrees
- Weeks 6-12 supine passive forward elevation should slowly be increased as tolerated with gentle terminal stretching and a goal of 150-160 degrees of forward elevation, this SHOULD NOT be done too aggressively; the limit of external rotation should be 30 degrees, this is not to be exceeded
- Pulley exercises can begin as well
- Patient is permitted to use the arm for normal daily activities with no restrictions in active elevation of the arm for ADL's, but should not be actively externally rotating greater than 30 degrees.
- Heat to shoulder prior to treatment, ice to shoulder following treatment
- NO strength training to be performed during weeks 4-12

Post-operative Weeks 12-16

The goals of weeks 12-16 are to restore full active ROM and begin strengthening and scapular stabilizer exercises. At 12 weeks the surgical repair should be fully healed. Patient should attend therapy 2-3 times per week.

- Patient can begin internal rotation stretching using towel behind back to stretch operative arm
- External rotation should be limited to 45 degrees in terms of stretching
- Can begin rotator cuff and scapular stabilizer exercises; this is to be low resistance high repetition exercise with theraband; patient can begin weight training as tolerated
- Heat to shoulder prior to treatment
- Ice to shoulder following exercise

- The patient can begin non-contact sports at the 12 week point, no contact sports until 6 months post op.