

Rehabilitation Protocol: Latarjet Coracoid Process Transfer

Phase I (Weeks 0-4) - Protection

- Sling to be worn at all times except for showering and rehab under guidance of PT
- Range of Motion – True Passive Range of Motion Only to Patient Tolerance
 - Goals: 140° Forward Flexion, 30° External Rotation with elbow at side, 60-80° Abduction without rotation, Limit Internal Rotation to 45° with the shoulder in the 30° abducted position
 - Maintain elbow at or anterior to mid-axillary line when patient is supine
- Therapeutic Exercise – No canes or pulleys during this phase
 - Codman Exercises/Pendulums, Isometric Scapular Stabilization
 - Elbow/Wrist/Hand Range of Motion and Grip Strengthening
- Heat/Ice before and after PT sessions

Phase II (Weeks 4-8) – Range of Motion

- Discontinue sling immobilization at post-op week 6
- Range of Motion – PROM weeks 4-6 → Advance to AAROM at week 6
 - **4-6 weeks:** Goals: Full Forward Flexion, 45° External Rotation with elbow at side, Full Abduction without rotation, Internal Rotation to 45° with the shoulder in the 30° abducted position
 - **6-8 weeks:** Begin AAROM → AROM as tolerated
 - Goals: Full FF, ER with elbow at side to tolerance, Full Abduction without rotation, Limit IR to tolerance with the shoulder in the 30° abducted position
- Therapeutic Exercise
 - **4-6 weeks:** Being gentle AAROM exercises (supine position), gentle joint mobilizations (grades I and II), continue with Phase I exercises
 - Posterior capsular stretching/sleeper stretch, cross body adduction stretch, scapular stabilizers
 - **6-8 weeks:** Progress to active exercises with resistance, shoulder flexion with trunk flexed to 45° in upright position, begin deltoid and biceps strengthening
 - Rhythmic stabilization drills: ER/IR in the scapular plane, Flexion/Extension, Abduction/Adduction

Phase III (Weeks 8-16) - Strengthening

- Range of Motion – Progress to full AROM without discomfort
- Therapeutic Exercise – normalize strength, endurance and neuromuscular control – avoid overstressing the anterior capsule
 - Continue with scapular strengthening
 - Progress rotator cuff strengthening (light resistance), biceps curls/pectoralis strengthening
 - Begin Internal/External Rotation Isometrics
 - Stretch posterior capsule when arm is warmed-up

Phase IV (Months 4-6) – Return To Activities

- Range of Motion – Full without discomfort
- Therapeutic Exercise – Advance strengthening as tolerated: isometrics → therabands → light weights (1-5 lbs),
 - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
 - Return to sports at 6 months if approved
- Modalities per PT discretion