



**Latarjet Post-Op
Physical Therapy Plan**

Date of Surgery: _____

Surgeon: _____

Sling Use: ___3 wks ___4 wks ___5wks

ROM restrictions:

Post op wk 1: flex 90, abd 45, ER 0 at 0 abd, IR to belly at 45 abd in scapular plane

Post op wk 2-4: flex 120, abd 90, ER 30 at 0 and 45 abd in scapular plane

Post op wk 5: flex full as tol, abd 120, ER 55 at 0 and 45 abd and start gentle ER at 90 abd

Post op wk 6: ER to 65 at 0 and 45 abd

After wk 6 can progress to full ROM with expectation to be full ROM at 10-12 wks

	Interventions	Milestones
Phase I (0-7 days)	<ul style="list-style-type: none"> immobilization 	
Phase I (1-6wks)	<ul style="list-style-type: none"> PROM flex 90, abd 90, ER 0 at 0 abd, IR to belly in scapular plane Hand/wrist ROM and gentle strengthening Scapular squeezes 	<ul style="list-style-type: none"> Good compliance with ROM restrictions and sling use
Wk2-4	<ul style="list-style-type: none"> PROM flex 120, abd 90, ER 30 at 0 and 45 abd, can begin functional IR behind back at 3 wks Initiate submax isometrics 	<ul style="list-style-type: none"> Good pain control
Wk 5-6	<ul style="list-style-type: none"> ER 55 at 0 and 45 abd Progress passive flex and IR as tol Advance scapular ex Begin rhythmic stabilization ex 	
Phase II (Wk 6-12)	<ul style="list-style-type: none"> Being AAROM ->AROM flexion, abd, ER and IR Progress to prone scapular stabilization ex Can begin gentle terminal stretching and posterior capsule stretching Progress ER at 90 abd to tolerance 	<ul style="list-style-type: none"> Pain free ADL's
Wk 9-12	<ul style="list-style-type: none"> Initiate shoulder PRE strengthening Initiate quadruped scapular stabilization and progress thru closed chain scapular ex-avoid crossing midline Begin gym program and light 2 hand plyo drills at 10 wks 	<ul style="list-style-type: none"> Full AROM No pain or tenderness Strength at 80% non op side Scapular endurance test 80% non op side
Phase III (wks 12-16)	<ul style="list-style-type: none"> Start throwers 10 if applicable One hand plyo drills Continue capsular stretching prn Push up progression (avoid crossing midline) 	
Phase IV (16-20+)	<ul style="list-style-type: none"> Progress strength/power and closed chain scapular stabilization within patient tolerance 	<ul style="list-style-type: none"> Pass prone scapular endurance test Strength 90% uninvolved side

This therapy plan provides a synopsis of guidelines for recovering from sports-related surgery with St. Luke's Sports Medicine. It is provided as an educational resource. Individual circumstances vary and these plans cannot replace the advice of a medical professional.