



TENNESSEE ORTHOPAEDIC ALLIANCE

Latarjet

General:

- Sling for 4 weeks minimum to protect tissues. Sling for additional 2 weeks as needed

Phase 1 – Passive

Week 0-4:

- Scapular stabilization exercises (within patient tolerance and comfort- no limits)
- Passive to Active Assistive Range of Motion for Forward Elevation in the plane of the elevation (within patient tolerance and comfort- no limits)
- Passive to Active Assistive Range of Motion for External Rotation at 0-45° (within patient tolerance and comfort- no limits)
- No Internal Rotation

Phase 2 – Active

Week 5-6:

- *Active Range of Motion with Passive Stretch to prescribe limits*
- Full passive Forward Elevation in the plane of elevation
- Begin and gradually progress active Forward Elevation in the plane of elevation toward full
- Full passive External Rotation @ 0-45°
- Begin gradual progression of (passive-active assistive-active) external rotation in throwing position (90-90)
- Begin gradual progression of Internal Rotation- Full

Phase 3 – Resisted

Week 7-12:

- Rotator cuff isotonic exercises
- Progression of scapular exercises w/ emphasis on force couple endurance
- Progress functional and diagonal motions to full (i.e. hands behind head, reaching across the body & diagonal motions)
- Continue ER progression in throwing position toward full by 12 weeks
- Specific training recommendations:
 - Avoid anterior capsular stress.
 - Minimize overhead activities.
 - Use light weight.
 - Keep hands in eyesight, not behind head, keep elbows bent, no long lever arms
 - No military press, pull-down behind head, or wide grip bench

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Return to Activity

Golf	3 months (chip and putt only); 5-6 months (full swing)
Tennis	4 months (no overhead)
Throwing	Interval throwing program at 4 months
Contact Sports	6 months

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