

REHABILITATION PROTOCOL: ANTERIOR SHOULDER STABILIZATION-CORACOID TRANSFER (LATARJET PROCEDURE)

□ Phase 1 (Weeks 0-3)

- Sling immobilization at all times except for showering and rehab under guidance of PT, place towel under elbow when sleeping to prevent shoulder hyperextension
- Range of motion
 - PROM of shoulder
 - Restrict motion to full forward flexion, 40° of abduction, **0° of external rotation**, internal rotation to 45° at 30° of abduction
 - Goals: PROM at least 100° of forward flexion, **0° of external rotation**
- Therapeutic exercises
 - Elbow, wrist, hand range of motion
 - Grip strengthening
 - Ball squeezes
- Heat/ ice before and after physical therapy sessions

□ Phase 2 (Weeks 4-6)

- Discontinue sling immobilization
- Range of motion
 - Increase to full forward flexion, **external rotation 0°**, and internal rotation as tolerated
- Therapeutic exercises
 - No strengthening exercises until 3mo and/or bone graft healed
- Modalities per PT discretion

□ Phase 3 (Weeks 6-12)

- Range of motion
 - Increase **external rotation to ½ range of contralateral side**
- Therapeutic exercises
 - Begin rhythmic stabilization drills: external and internal rotation in scapular plane, flexion/extension, abduction/ adduction at various angles of elevation
- Modalities per PT discretion

□ Phase 4 (Months 3-6)

- Range of motion
 - Full without discomfort
- Therapeutic exercises
 - Initiate biceps curls with light resistance, progress as tolerated
 - Progressive strengthening pectoralis major/minor, avoid positions that excessively stress anterior capsule
 - Progressive subscapularis strengthening
 - Sport/ work specific rehabilitation
 - Return to sports at 6 months if approved
- Modalities per PT discretion