

OPEN LATARJET PROTOCOL

Postop

0–2 weeks

Immobilization in sling at all times, except bathing

ROM limits: 90 flexion, 45 abduction, 0 external rotation, 20 extension, 70 internal rotation

1. Elbow and wrist AROM 3x/day
2. Cryo Cuff /ice regularly throughout day

2–4 weeks

Sling on while at work, school, in crowds, in car and while sleeping

ROM: 120 flexion, 90 abduction, 30 external rotation at side, 20 extension, internal rotation not behind back

1. PROM and AAROM (wand, pulley) within pain tolerance and limits
2. Scapular retraining and PNF techniques
3. Isometrics as tolerated into all ranges except pure abduction
4. Soft tissue and cautious joint mobilization
5. Modalities as indicated for pain or inflammation

4–6 weeks

Sling use in crowds, sleeping and vulnerable situations

ROM: Flexion as tolerated, 145 abduction, 30 external rotation, internal rotation not behind back.

1. Progress PROM and AAROM as tolerated and within limits
2. Introduce UBE
3. Continue with scapular stabilization exercises and soft tissue treatment
4. Gentle rotator cuff exercises as tolerated

6–12 weeks

Discontinue sling

ROM limits: Full flexion, abduction, and extension; 60 external rotation; cautious stretching into internal rotation as tolerated

1. Progress AAROM and AROM as tolerated
2. Soft tissue and joint mobs
3. Strengthening of scapular stabilizers, rotator cuff within pain-free ranges. May include PREs, PNF, and weight equipment. Emphasis on high reps, light weight, and good positioning of shoulder

12–24 weeks

Progress to independent home exercise program

1. Range of motion and self-stretching into restricted ranges
2. Progress independent strengthening program.
3. Reinforce postural awareness, quality of exercise technique, and proper progression.
4. Sport specific training with emphasis on normal function

24 weeks

Return to full activity or noncontact sport without restriction.

1. May begin throwing, tennis, etc.

9 months

Probable return to full strength throwing and contact sport, depending on strength and physician assessment.