

# Rehabilitation Protocol: Latarjet Coracoid Process Transfer

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Diagnosis: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

## Phase I (Weeks 0-4) - Protection

Sling immobilization with supporting abduction pillow 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: 100° 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. Instruct patient to place a towel or pillow under operative extremity when supine.
- No active motion of operative shoulder
- Patient Education on no active motion at this point to allow bone healing

Therapeutic Exercise – No canes or pulleys during this phase

- Codman Exercises/Pendulums
- Elbow/Wrist/Hand Range of Motion and Grip Strengthening
- Isometric Scapular Stabilization

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 (given achieved PROM with good mechanics)

- **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 Forward Flexion, External Rotation with elbow at side to tolerance, Full Abduction without rotation, Limit Internal Rotation to tolerance with the shoulder in the 30° abducted position

Therapeutic Exercise

- **4-6 weeks:** Being gentle AAROM exercises (supine position), gentle joint mobilizations, continue with Phase I exercises
  - Posterior capsular stretching/sleeper stretch, cross body adduction stretch, scapular stabilizers
- **6-8 weeks:** Progress to active exercises with low 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 overstrengthening 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

**Comments: Frequency: \_\_\_\_\_ times per week Duration: \_\_\_\_\_ weeks**