

## Rehabilitation Protocol Latarjet (Coracoid Transfer)

### **Phase I (Weeks 0-4): Protect Repair**

- Sling to be worn at all times except for showering and rehab under guidance of PT
- Range of Motion – True Supine Passive Range of Motion Only to Patient Tolerance
  - o Goals: 140° Forward Flexion, 25° External Rotation in the 30° abducted position, 60---80° Abduction in the plane of the scapula without rotation, Limit Internal Rotation to 45° with the shoulder in the 30°abducted position
  - o Maintain elbow at or anterior to mid-axillary line when patient is supine
- Therapeutic Exercise – No canes or pulleys during this phase
  - o Codman Exercises/Pendulums
  - o Elbow/Wrist/Hand Range of Motion and Grip Strengthening
  - o Isometric Scapular Stabilization
- Heat/Ice before and after PT sessions

### **Phase II (Weeks 4-10): Protect Repair/ROM**

- Discontinue sling immobilization at 6 weeks post-op
  - Range of Motion
    - o 4-6 weeks: PROM -- FF and Abduction to tolerance, 45° External Rotation in the 30° abducted position
    - o 6-10 weeks: Begin AAROM and AROM as tolerated: ER/IR to tolerance
- Goals: FF/Abduction > 155°, ER/IR >75° at 90° of shoulder abduction

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- Therapeutic Exercise
  - o 4-6 weeks: Being gentle AAROM exercises (supine position), gentle joint mobilizations (grades I and II), continue with Phase I exercises
  - o 6-10 weeks: Progress to active exercises with resistance, shoulder flexion with trunk flexed to 45° in upright position, begin deltoid and biceps strengthening,
- Modalities per PT discretion

### **Phase III (Weeks 10-16): Full restoration of ROM**

- Range of Motion – Progress to full AROM without discomfort
- Therapeutic Exercise
  - o Continue with scapular strengthening
  - o Continue and progress with Phase II exercises
  - o Begin Internal/External Rotation Isometrics
  - o Push up plus (wall, counter, knees on floor, floor)

### **Phase IV (Months 4-6): Strengthening/Return to Sports**

- Range of Motion – Full without discomfort
- Therapeutic Exercise – Advance strengthening as tolerated: isometrics → Therabands → light weights
  - o 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
  - o Return to sports at 6 months if approved
- Modalities per PT discretion