

Rehabilitation Protocol

Latissimus Tendon Repair

Phase I: Protect Repair (*0 to 6 weeks after surgery*)

- True PROM only! The tendon needs to heal back into the bone.
- ROM goals: 90° FF/30° ER at side; ABD max 40-60 without rotation.
- No resisted motions of shoulder until 12 weeks post-op.
- Grip strengthening.
- No canes/pulleys until 6 weeks post-op, because these are active-assist exercises.
- Heat before PT, ice after PT.

Phase II: Progress ROM (*Weeks 6-12 after surgery*)

- Begin AAROM & AROM as tolerated.
- Goals: Same as above, but can increase as tolerated.
- Light passive stretching at end ranges.
- Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc).
- Isometrics with arm at side beginning at 8 weeks.

Phase III: Advance ROM (*Months 3-12 after surgery*)

- Advance to full ROM as tolerated with passive stretching at end ranges.
- Advance strengthening as tolerated: isometrics & bands & light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers.
- Only do strengthening 3x/week to avoid rotator cuff tendonitis.
- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade).
- Begin sports related rehab at 4 ½ months, including advanced conditioning.