



Rehab Protocol – Latarjet Coracoid Process Transfer

Phase 1 (0-4 Weeks) - Protection

Bracing:

- 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: 140 degrees forward flexion, 30 degrees external rotation with elbow at side, 60-80 degrees abduction without rotation, limit internal rotation to 45 degrees with the shoulder in the 30 degrees abducted position
- Maintain elbow at or anterior to mid-axillary line when patient is supine
- No active motion of operative shoulder
- Patient education on no active motion at this point to allow bone healing

Therapeutic Exercises

- 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 2 (4-8 Weeks) - Range of Motion

Bracing:

- 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 degrees external rotation with elbow at side. Full abduction without rotation, internal rotation to 45 degrees with the shoulder in the 30 degrees 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 degrees abducted position

Therapeutic Exercises

- 4-6 Weeks:
 - Begin gentle AAROM exercises (supine position), gentle joint mobilizations (grades I and II), continue with Phase 1 exercises
 - Posterior capsular stretching/sleeper stretch, cross body adduction stretch, scapular stabilizers
- 6-8 Weeks:
 - Progress to active exercises with resistance, shoulder flexion with trunk flexed to 45 degrees in upright position, begin deltoid and biceps strengthening
 - Rhythmic stabilization drills: ER/IR in the scapular plane, Flexion/Extension, Abduction/Adduction

Phase 3 (Weeks 8-16) - Strengthening

- Range of Motion – progress to full AROM without discomfort
- Therapeutic Exercises – normalize strength, endurance and neuromuscular control – avoid oversteering the anterior capsule
 - Continue with scapular strengthening
 - Progress rotator cuff strengthening (light resistance), biceps curls, pectoralis strengthening
 - Stretch posterior capsule when arm is warmed up

Phase 4 (4-6 Months) - 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