**Latarjet procedure**

Based off of Moon Protocol

Goals:

The two main goals of this physical therapy program are to:

1. Have full active and passive range of motion by 3 months after surgery
2. Return to sport by 13-24 weeks after surgery

Sling usage: Patients must wear their sling at all time, except when showering/bathing for 6 weeks. This does include while they are sleeping.

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| Post Op Time: | Exercise Progression |
| Week 0-2 | * Wrist and elbow ROM only
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| Week 2 | * Passive/active assisted forward flexion to 90 degrees
* Passive/active assisted external rotation to neutral with arm at side
* Gentle Isometrics (no ER/IR)
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| Week 4 | * Passive/active assisted FF to 120
* Passive/active assisted ER to 20 degrees with arm at side
* Passive/active assisted abduction to 90
* Scapula protraction/retraction (with arm in sling until 6 weeks post-op)
* No combined abduction and ER!
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| Week 6 | * May discontinue sling usage, unless they are in a crowd, or on slippery surfaces
* Unlimited passive/active assisted in FF
* May begin active motion in all planes
* Posterior glides OK (no anterior)
* Resisted isometrics (no IR)
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| Week 8 | * Continue to progress with active motion
* May slowly progress to resisted exercise with therabands
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| Week 12 | * May begin sport specific exercises
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| Week 18-24 | * Return to play with approval of physician
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