

Rehabilitation Protocol - Latarjet (Coracoid Transfer/Eden Hybinette)

Date of Surgery: _____ RIGHT LEFT

Frequency of visits: 2-3x/week x 12 weeks

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 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 session
- Wound care: OK to shower at 72hrs. Maintain Tegederm dressing until seen in clinic. If the dressing becomes soiled, ok to remove.
 - o No creams/lotions/oils to incision unless directed by MD.
 - o No Baths/lakes/hot tubs/rivers/oceans until 6 weeks.

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 toleranceGoals:

FF/Abduction $> 155^{\circ}$, ER/IR $>75^{\circ}$ at 90° of shoulder abduction

Phase III (Weeks 11+): Protect Repair/ROM

- Continue ROM exercises towards goal set in Phase II.
- Scapular mobility exercises
- Strengthen Rotator cuff musculature with anticipation of return to sport.
- Therapeutic modalities per therapist.