

## Postoperative Protocol Open Latarjet Stabilization

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-2</b> HEP daily	Edema and pain control Protect surgical repair Sling immobilization	Sling at all times including sleep Remove to shower (arm at side) ER to 20°	Elbow, wrist, hand ROM Gripping exercises Codman/Pendulum
<b>Weeks 2-6</b> PT 1-2x/week HEP daily	Protect surgical repair FF 160°, ER 45°	Sling except shower & exercises DC sling at 4 weeks No ER >40° No backward extension	A/AAROM FF and ER Scapular stabilization Submaximal isometrics for biceps, triceps, deltoid, rotator cuff Gentle gradual ER: 0° abduction → max 40° 90° abduction → max 30° Light resisted ER/FF at 6 weeks Posture training
<b>Weeks 6-12</b> PT 2-3x/week HEP daily	Full ROM Scapulohumeral rhythm Restore strength 5/5	No sling Avoid painful ADL's Avoid rotator cuff inflammation OK to cycle/run at 10 weeks	A/AAROM no limits Rotator cuff/periscapular stabilization Humeral head rhythmic stabilization Resistive exercise for scapula, biceps, triceps, and rotator cuff below horizontal plane Begin upper body ergometer (UBE)
<b>Weeks 12-18</b> PT 1x/week HEP daily	Full ROM and strength Improve endurance Prevent re-injury	No sling Avoid painful activities No contact/racket/throwing sports	Advance UE strengthening as tolerated Initiate plyometrics Sport specific activities Contact sports at 4-5 months
<b>Weeks 18+</b> HEP daily	Return to play	No restrictions Return to sport (MD directed)	Maintain ROM, strength, and endurance