

Postoperative Protocol **Latissimus Dorsi Repair**

Weeks 0-2:

- Distal ROM Exercises (Elbow, wrist, hand)
- Modalities
- Sling when not performing exercises

Weeks 2-6:

- Initiate pendulums
- Supine passive → AAROM
 - ROM goals: 90° FF/30° ER at side
 - Limit FF to 120 degrees with arm adducted
 - Limit Abduction to 40 degrees without rotation
- Isometrics OK biceps, triceps, shoulder ER/IR at side
- No shoulder strengthening
- Avoid combined Abduction + FF

Weeks 6-12:

- Begin AAROM → AROM as tolerated
 - Pulleys, cane, supine ROM exercises
- Restore Full ROM
 - Full FF
 - Goal ER to 60 degrees by 8 weeks
 - Light passive stretching at end ranges
- Serratus punch, latissimus isometrics / AROM
- Restore scapular rhythm and begin scapular strengthening

Weeks 12-16:

- Progress to full ROM as tolerated with passive stretching at end ranges, including AB/ER
- Continue scapular strengthening
- Closed → open chain strengthening of Pec/latissimus
 - Begin Wall pushup and progress to knee and floor
 - Progressive strengthening of latissimus with therabands and machines
 - Dumbbell press

Week 16+

- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
- Initiate plyometrics
- Begin sports related rehab at 4 ½ months, including advanced conditioning
- Return to throwing at 4 months, begin with light toss
- Return to throwing from the pitchers mound at 6 months
- Return to full competition 9-12 months