



SIU MEDICINE

ORTHOPEDICS

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POST-OPERATIVE LATERJET RECON REHAB GUIDELINES

Name: _____

Date: _____

Diagnosis: R / L Latarjet Reconstruction

Date of Surgery: _____

Frequency: 2-3 times per week for _____ weeks

Phase I (Weeks 0 – 6):

- Sling with abduction pillow: Continue for a total of 6 weeks; remove only for hygiene
- Range of Motion: PROM only for first 6 weeks, to patient tolerance
 - o Weeks 0-4: Goals of FF 140°, ER 25° in 30° of ABD, ABD 60-80°; limit IR to 45° in 30° of ABD
 - o Weeks 4-6: increase PROM to tolerance, increase ER to 45° in 30° of ABD
- Exercises:
 - o Weeks 0-4: pendulums, grip strengthening, isometric scapular stabilization; elbow/wrist/hand ROM
 - o Weeks 4-6: begin gentle joint mobilizations; limit ER to passive 45°
 - o No active IR or extension; no canes or pulleys
- Modalities: Per therapist - electrical stimulation, ultrasound, heat (before), ice (after)

Phase II (Weeks 6 – 12):

- Sling: Discontinue (unless in crowd or in slippery environment)
- Range of Motion: increase PROM as tolerated, begin AAROM/AROM
- Exercises:
 - o Weeks 6-8: begin light cuff/deltoid/biceps isometrics
 - o Weeks 8-12: begin light resisted ER, FF, ABD, and IR exercises; begin extension and scapular retraction exercises
- Modalities: Per therapist - electrical stimulation, ultrasound, heat (before), ice (after)

(continued on page 2)

Phase III (Months 3 – 6):

- Range of Motion: Full without discomfort
- Exercises: continue Phase II, advance as tolerated, include closed chain scapular rehabilitation and functional rotator cuff strengthening; focus on anterior deltoid and teres
 - o Month 4: advance strengthening as tolerated from isometrics to TheraBands to light weights; emphasize low-weight, high rep exercises
- Consider return to sport at 20-24 weeks pending surgeon approval