

Latarjet Protocol

Updated: January, 2020

- A. 0-3 weeks post-op
 1. Abduction sling
 2. Frequent cryotherapy and modalities as indicated
 3. PROM phase with following ROM restrictions
 - ER 30°

- B. 3-6 weeks post-op
 1. Abduction sling
 2. Cryotherapy and modalities as indicated
 3. AAROM phase,
 - ER gentle/to tolerance as functionally needed

- C. 6 weeks post-op
 1. Wean from sling
 2. Cryotherapy and modalities as indicated
 3. AROM phase
 4. Exercise: Light but progressive strength work following anterior instability precautions

- D. 8 weeks post-op
 1. Continue ROM work as needed
 2. Progressive, comprehensive UE strength and stabilization program following anterior instability precautions

- E. 5 months post-op
 1. Start sport specific activities and interval programs
 2. Physician cleared