



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - Latarjet Procedure

Phase I (Protection phase): Weeks 1-6

Precautions:

- Avoid lifting with operative arm
- Avoid combined abduction with external rotation and combined extension with external rotation
- Respect ROM limits; avoid end-range passive stretching
- No UBE, hand weights, Body Blade, or Therabands

Immobilization:

- Sling for 4 weeks, discontinue after 4 weeks
- Worn at all times, including at night, except for therapy, showering, or dressing

Exercise Guidelines:

- PROM begins 1 week post-op
- 0–3 weeks: limit to 90° passive forward elevation (PFE), 20° passive external rotation (PER) at side
- 3–6 weeks: restrict to 135° PFE, 45° PER at side
- Scapular mobility: elevation, depression, protraction, retraction
- Hand and wrist: unrestricted AROM
- Elbow: avoid active ROM for 8 weeks to protect the repair (conjoint tendon)
- Begin gentle isometrics for rotator cuff in sling at 6 weeks

Phase II (Active Range of Motion): Weeks 6-12

Precautions:

- Avoid heavy lifting
- Continue to avoid provocative abduction/external rotation
- No UBE, hand weights, Body Blade, or Therabands
- No end-range stretching
- Avoid high-stress anterior capsulolabral loading (push-ups, bench press, pec flys, military press)

Exercise Guidelines:



- Progress from PROM to AROM
- PROM: 150° PFE, 45° PER at side, 90° abduction by 8 weeks; full by 12 weeks
- AROM: 110° by 8 weeks, 150° by 10 weeks, full by 12 weeks
- Begin strengthening with isometrics/light bands within AROM limits, starting with arm at side
- Advance to horizontal abduction as tolerated
- Strengthen scapular stabilizers (Latissimus dorsi, Trapezius, Rhomboids)

Phase III (Advanced Strengthening): 3 months and beyond

Precautions:

- Progress gradually
- Avoid reinjury
- Contact sports restricted until 6 months

Exercise Guidelines:

- Full AROM with stretching at end ranges
- Strengthening limited to 3x/week to avoid rotator cuff tendonitis
- Add eccentrics, plyometrics, proprioception, and closed chain work by 12 weeks
- Sports-specific training begins at 3-4 months
- Interval sports return at 4 months (golf, tennis, basketball, volleyball)
- Return to throwing at 4.5 months
- Pitching from mound at 6 months

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS

Evaluation and others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:
www.lucasmyersonmd.com

