



**NEWTON-WELLESLEY  
SPORTS MEDICINE**

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**MASSACHUSETTS  
GENERAL HOSPITAL**

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**REHAB PROTOCOL: Open Latarjet Repair**

**I. Phase 1 - Immediate Postoperative Phase “Restrictive Motion” (Weeks 0 – 6 )**

Goals: Protect the anatomic repair

Prevent negative effects of immobilization

Promote dynamic stability and proprioception

Diminish pain and inflammation

Weeks 0 – 6

- Sling for \_\_\_\_ weeks
- Sleep in immobilize/swathe for \_\_\_\_ weeks
- Elbow/Hand ROM
- Hand gripping exercises
- ROM restricted:

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**\*\*\* NO active ER or extension or Abduction**

- Submaximal isometrics for shoulder musculature
- Proprioception drills
- Cryotherapy, modalities as indicated

Weeks 4 – 6

- Use of immobilizer for sleep as listed above
- Start gentle ROM exercises (PROM)  
Pendulums exercises
  - Flexion to \_\_\_\_ 90 \_\_\_\_ degrees
- **\*\*\* NO active ER or extension or Abduction**
- IR in scapular plane to 55-60 degrees
- **\*\*\*NOTE:** Rate of progression based on evaluation of patient
- No extension or elevation
- Continue isometrics and rhythmic stabilization (submax)
- Core stabilization program
- Initiate scapular strengthening program
- Continue use of cryotherapy

Weeks 6 – 8

- Gradually improve ROM
  - Flexion to \_\_120\_\_\_\_ degrees
  - Initiate ER/IR at 45 degrees abd in scapular plane
  - ER in scapular plane to \_\_neutral\_\_\_\_ degrees
- May initiate stretching exercises
- Initiate exercises tubing ER/IR (arm at side)



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- Scapular strengthening
- PNF manual resistance

## II. **PHASE II – Intermediate Phase: Moderate Protection Phase (weeks 10 – 14)**

Goals: Gradually restore full ROM (week 14)  
Preserve the integrity of the surgical repair  
Restore muscular strength and balance  
Enhance neuromuscular control

Weeks 9-11

- Gradually progress ROM
  - Flexion to 160 degrees
  - Initiate ER/IR at 45 degrees abd
  - ER at 90 degrees abduction: 45 degrees at week 12
  - ER to 90 degrees at weeks 14
  - IR at 90 degrees abduction: 70 – 75 degrees
- Continue to progress isotonic strengthening program
- Continue PNF strengthening

## III. **PHASE III – Minimal Protection Phase (Week 15 – 20)**

Goals: Maintain full ROM  
Improve muscular strength, power and endurance  
Gradually initiate functional activities

Criteria to Enter Phase III

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Muscular strength (good grade or better)
- 4) No pain or tenderness

Weeks 15 – 16

- Continue all stretching exercises (capsular stretches)
- Continue strengthening exercise:
  - Thrower ten program or fundamental exercises
  - PNF manual resistance
  - Endurance training
  - Restricted sport activities (light swimming, half golf swings)
- Initiate interval sport program week 16 – 18

Weeks 18 – 20

- Continue all exercise listed above
- Process interval sport program (throwing, etc.)

## IV. **PHASE IV – Advanced Strengthening Phase (Weeks 21 – 24)**

Goals: Enhance muscular strength, power and endurance  
Progress functional activities  
Maintain shoulder mobility

Criteria to Enter Phase IV

- 1) Full functional ROM



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- 2) Satisfactory isokinetic test that fulfills criteria
- 3) Satisfactory shoulder stability
- 4) No pain or tenderness

Exercises

- Gradually progress sport activities to unrestrictive participation
- Continue stretching and strengthening program