

Rehabilitation Protocol: **Latarjet Stabilization Procedure**

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 4 weeks	PROM. Limit FF to 100°. Week 2: ER to 10° Week 4: ER to 40°	Worn at all times except for hygiene and therapeutic exercise.	Elbow/wrist/hand ROM, grip strength. Pendulums. Isometric Abduction, ER, IR exercises with elbow at side.
PHASE II 4 - 6 weeks	P to AAROM. Limit FF to 160°. ER to 45°.	Worn at all times except for hygiene and therapeutic exercise.	Begin gentle active-assisted exercises without resistance.
PHASE III 6 - 12 weeks	Progress to full P/AROM as tolerated.	Discontinue sling at 6 weeks.	Isometrics. Start Therabands.
PHASE IV 12weeks - 6 months	Progress to full active motion. No restrictions.	None.	Advance Therabands strengthening. May begin light weights. Begin functional sport/work specifics. 4-6 months: Return to sport / previous activity level.