

Open Glenohumeral Stabilization with Coracoid Transfer (Latarjet) Protocol

	Phase I: weeks 0-6	Phase II: weeks 6-10
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • Sling immobilizer with pillow <u>at all times</u> including sleeping, except for PT/HEP exercises or for hygiene • Non-weight-bearing 	<ul style="list-style-type: none"> • Discontinue sling • Non-weight-bearing
Aerobic	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • May begin stationary bike
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • PROM/AAROM/AROM of elbow, wrist, and hand • Shoulder ROM <ul style="list-style-type: none"> ▸ PROM only ▸ Do not force painful shoulder motion ▸ Forward elevation to 120° in scapular plane ▸ Abduction in scapular plane as tolerated ▸ ER 0-20° in scapular plane starting at 30-45° abduction ▸ IR to 45° starting at 30° abduction • Scapular clocks/pinches/squeezes/isometrics 	<ul style="list-style-type: none"> • Continue Phase I exercises PRN • Initiate light waist-level ADLs • Shoulder ROM <ul style="list-style-type: none"> ▸ Proceed to AAROM or AROM as tolerated when adequate PROM with good mechanics ▸ Do not force painful shoulder motion ▸ Posterior capsule stretching PRN ▸ Achieve full elevation in scapular plane prior to beginning elevation in other planes ▸ ER as tolerated once ER to 35° in 0-40° abduction is achieved ▸ IR as tolerated • Glenohumeral and scapular joint mobilization as needed • Prone scapular exercises in 30°, 45°, and 90° abduction • Scapular stabilization
Other	<ul style="list-style-type: none"> • Heat before and/or ice after PT sessions as needed • Modalities as needed to reduce swelling and for muscle re-education • Home Exercise Program (HEP) per discretion of Physical Therapist 	
Goals	<ul style="list-style-type: none"> • Pain and inflammation control • Protection of tissue healing • Minimize joint stiffness 	<ul style="list-style-type: none"> • Pain and inflammation control • Protection of tissue healing • Progress ROM • Wean from sling

	Phase III: weeks 10-16	Phase IV: weeks 16+
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • No sling or immobilization • Begin light weight-bearing 	<ul style="list-style-type: none"> • No sling or immobilization • Weight-bearing as tolerated
Aerobic	<ul style="list-style-type: none"> • May begin elliptical machine 	<ul style="list-style-type: none"> • Begin walk-jog-run progression
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • Continue Phase II exercises PRN • Progress shoulder PROM/AAROM/AROM • Strengthening <ul style="list-style-type: none"> ▸ Endurance exercises with high repetitions and low resistance ▸ Begin light resistance bands and isotonic ER/IR strengthening in modified neutral position (pain-free) ▸ Open- and closed-chain exercises ▸ Elbow flexion ▸ No lifting >5 lbs ▸ No plyometrics 	<ul style="list-style-type: none"> • Continue Phase III exercises PRN • Stretching and ROM as needed • Strengthening <ul style="list-style-type: none"> ▸ Normalize endurance, neuromuscular control/coordination, and strength ▸ Continue general upper extremity strengthening program ▸ Avoid aggressive overhead activities/strengthening ▸ “Always see your elbows” (i.e. avoid triceps dips, military press, wide-grip bench press, lat pulldowns, pushups with elbows flexed past 90°) ▸ Overhead strengthening and activity when good/normal strength below 90° • Begin activity-specific plyometrics (eg. weighted ball toss) • Begin proprioception (eg. Bodyblade)
Other	<ul style="list-style-type: none"> • Heat before and/or ice after PT sessions as needed • Modalities as needed to reduce swelling and for muscle re-education • Home Exercise Program (HEP) per discretion of Physical Therapist 	
Goals	<ul style="list-style-type: none"> • Minimize pain and inflammation • Full ROM • Initiate strengthening program • Progress scapulohumeral rhythmic coordination and dynamics 	<ul style="list-style-type: none"> • Progress strengthening and plyometrics • Begin walk-jog-run progression • Gradually progress to sport-specific activity or prior activity level when normal ROM and strength achieved • Progress to independent HEP