



Paul J. Cagle, M.D.
ShoulderDoctorNYC.com

LATARJET PROCEDURE POSTOPERATIVE PROTOCOL

0-2 Weeks

- Sling immobilization is utilized for 6 weeks - the sling is only removed for hygiene, showering and therapy
- Begin passive shoulder motion with forward elevation to 90 degrees and external rotation to 30 degrees
- Begin active motion of the elbow, wrist and hand
- Return visit to the office for a 2 week visit

2-6 Weeks

- Sling immobilization is utilized for 6 weeks - the sling is only removed for hygiene, showering and therapy
- Progress passive shoulder motion with forward elevation to 130 degrees and external rotation to 30 degrees - Then progress to regain full shoulder range of motion
- Continue active motion of the elbow, wrist and hand
- No shoulder strengthening exercises
- Return visit to the office for a 6 week visit

6-12 Weeks

- Discontinue sling immobilization.
- Begin active shoulder range of motion in all planes with no motion restrictions - Progress to regain full range of motion
- Continue active range of motion of elbow, wrist and hand.
- No Strengthening Exercises until 8 weeks postoperatively; then begin gentle Deltoid, Rotator Cuff and Periscapular muscle strengthening exercises
- Return visit to the office for a 12 week visit

3-6 Months

- Continue active range of motion of elbow, wrist and hand
- Continue active shoulder range of motion in all planes with no motion restrictions and maintain full range of motion
- Continue Deltoid, Rotator Cuff and Periscapular muscle strengthening exercises - advance strengthening exercise as tolerated
- Return visit to the office for a 6 months visit

This protocol represents an overview of the standard postoperative course. Each patient's medical condition is unique, and thus, variations may be needed to tailor the rehabilitation protocol to optimize recovery.