



## Rehabilitation Protocol - Latarjet (Coracoid Transfer/Eden Hybinette)

### **Phase I (Weeks 0-4): Protect Repair**

- Sling to be worn at all times except for showering and rehab under guidance of PT
- Range of Motion – True Supine Passive Range of Motion Only to Patient Tolerance Goals: 140°
  - o Forward Flexion, 25° External Rotation in the 30° abducted position, 60---80° Abduction in the plane of the scapula without rotation, Limit Internal Rotation to 45° with the shoulder in the 30° abducted position
  - o Maintain elbow at or anterior to mid-axillary line when patient is supine
- Therapeutic Exercise – No canes or pulleys during this phase
  - o Codman Exercises/Pendulums
  - o Elbow/Wrist/Hand Range of Motion and Grip Strengthening
  - o Isometric Scapular Stabilization
- Heat/Ice before and after PT session
- Wound care: OK to shower at 72hrs. Maintain Tegederm dressing until seen in clinic. If the dressing becomes soiled, ok to remove.
  - o No creams/lotions/oils to incision unless directed by MD.
  - o No Baths/lakes/hot tubs/rivers/oceans until 6 weeks.

### **Phase II (Weeks 4-10): Protect Repair/ROM**

- Discontinue sling immobilization at 6 weeks post-op
- Range of Motion
  - o 4-6 weeks: PROM -- FF and Abduction to tolerance, 45° External Rotation in the 30° abducted position
  - o 6-10 weeks: Begin AAROM and AROM as tolerated:
    - ER/IR to tolerance
  - o Goals: FF/Abduction > 155°, ER/IR >75° at 90° of shoulder abduction

**Adam Lindsay, MD, M.S.**  
Shoulder Arthroplasty, Sports Medicine, Orthopedic Trauma  
Surgery  
TheCenterOregon.com/Lindsay  
www.lindsayssportsmed.com/  
(P) - 541.382.2233



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### **Phase III (Weeks 11+): Protect Repair/ROM**

- Continue ROM exercises towards goal set in Phase II.
- Scapular mobility exercises
- Strengthen Rotator cuff musculature with anticipation of return to sport.
- Therapeutic modalities per therapist.