REHABILITATION PROTOCOL: ANTERIOR SHOULDER STABILIZATION-CORACOID TRANSFER (LATARJET PROCEDURE)

Phase 1 (Weeks 0-3)
- Sling immobilization at all times except for showering and rehab under guidance of PT, place towel under elbow when sleeping to prevent shoulder hyperextension
- Range of motion
  - PROM of shoulder
  - Restrict motion to full forward flexion, 40° of abduction, 0° of external rotation, internal rotation to 45° at 30° of abduction
  - Goals: PROM at least 100° of forward flexion, 0° of external rotation
- Therapeutic exercises
  - Elbow, wrist, hand range of motion
  - Grip strengthening
  - Ball squeezes
- Heat/ice before and after physical therapy sessions

Phase 2 (Weeks 4-6)
- Discontinue sling immobilization
- Range of motion
  - Increase to full forward flexion, external rotation 0°, and internal rotation as tolerated
- Therapeutic exercises
  - No strengthening exercises until 3mo and/or bone graft healed
- Modalities per PT discretion

Phase 3 (Weeks 6-12)
- Range of motion
  - Increase external rotation to ½ range of contralateral side
- Therapeutic exercises
  - Begin rhythmic stabilization drills: external and internal rotation in scapular plane, flexion/extension, abduction/adduction at various angles of elevation
- Modalities per PT discretion

Phase 4 (Months 3-6)
- Range of motion
  - Full without discomfort
- Therapeutic exercises
  - Initiate biceps curls with light resistance, progress as tolerated
  - Progressive strengthening pectoralis major/minor, avoid positions that excessively stress anterior capsule
  - Progressive subscapularis strengthening
  - Sport/work specific rehabilitation
  - Return to sports at 6 months if approved
- Modalities per PT discretion