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