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