



Dr Simon Hutabarat

REHAB LATARJET PROCEDURE

0-6 weeks

- ice as appropriate night time and post therapy
- heat packs prior to therapy
- scapula rotation exercises in sling
- pendular, active assist FF to 90
- sling all other times
- active assist elbow flexion for first 3 weeks then active

7-12 weeks

- remove sling
- scapula control and proprioceptive work
- begin ER in Adduction as tolerated actively
- gentle isometric/isotonic subscapularis and infraspinatus resistance
- begin IR in 90 Abduction with posterior capsular massage and stretch
- ER In ABD with humeral head relocation (posterior draw)
- PNF

12+ weeks

- gentle resistance work and supraspinatus and subscapularis if not too sore
- increase remainder of cuff work load
- back to sports if patient has full control and comparable strength

Last Modified by Dr Simon Hutabarat 21/7/2022

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