C E N T E R

For Sports Medicine & Orthopaedics

Because Life Happens In Motion

ARTHROSCOPIC ANTERIOR STABILIZATION/LATARJET

Latarjet Procedure: This procedure is mainly performed when there is some bone loss from the front of the glenoid (as a result of a bony bankart or repeated dislocations). This procedure involves transfer of the coracoid with it's attached muscles to the deficient area over the front of the glenoid. This replaces the missing bone and the transferred muscle also acts as an additional muscular strut preventing further dislocations.

Return to functional activities:

- **Driving: 6-8 weeks**
- **Swimming: breaststroke: 6 weeks / freestyle: 12 weeks**
- **Golf: 3 months**
- **Contact sport: 3 months**

Patient Name:_____
DOS:_____

Day 1- 3 weeks:_____

Sling: X 3 weeks

Precautions:

- Do not force or stretch
- No combined abduction and ER

Ther-ex

- Pendulum exercises
- Scapular / shoulder circles
- **Shrugs**
- Elbow flex/ext
- Forearm pron / sup
- Wrist flex / ext
- Core stability exercises
- Ball rolling on table: must be performed with min weightbearing
- AAROM flex as comfortable with respect to end feel
- AAROM ER as comfortable with respect to end feel

PROM

- ER to ≤ 20° with respect to end feel
- All other planes to tolerance

3 – 6 weeks:_____

Goal: at 6 weeks active elevation to pre op level

Sling: D/C at 6 weeks

Precautions:

- do not force or stretch
- no combined abduction and ER

Ther-ex

- progress AAROM to AROM as comfortable

6 – 12 weeks:_____

Goal: at 12 weeks minimum 80% range of ER compared to uninvolved side and normal movement patterns throughout ROM

Ther-ex

- scapula and glenohumeral stability working for shoulder joint control
- ROM: gradually increase
  - Address posterior tightness if required
- Strengthening program
- Proprioception program
- Core stability
- Plyometrics and perturbation training
- Sports specific exercises