



JAGLOWSKI
ORTHOPEDIC
INSTITUTE

Coracoid Transfer (Latarjet)

Rehabilitation Protocol

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**** The following instructions represent general guidelines. Your personal instructions may be slightly different and will be conveyed to you by Dr. Jaglowski if this is the case. Post-operative instructions, physical therapy protocols, and useful information regarding your post-op care may be found electronically at www.jagsortho.com.****

Abbreviations

- ROM - range of motion
- PROM - passive ROM
- AAROM - active assist ROM
- AROM - active ROM
- ABD - abduction
- ADD - adduction
- ER - external rotation (PER – passive external rotation)
- IR - internal rotation
- FE- forward elevation (AFE – active forward elevation)

Phase I: 0-6 Weeks Post-op

Range of Motion

- Limit ER to passive 45° to protect subscapularis repair
- FE progress as tolerated

Sling

- 0-2 weeks: Worn at all times (day and night)
- Off for gentle exercise only
- 2-6 weeks: Worn daytime only

Therapeutic Exercise

- 0-3 weeks: Grip strengthening, pendulum exercises
- Elbow/wrist/hand ROM at home

- 3-6 weeks: Begin cuff, deltoid isometrics; limit ER to passive 45°
- No active IR nor extension until 6 weeks

Phase II: 6-12 Weeks Post-op

Range of Motion

- Increase as tolerated to full
- Begin active assisted/active internal rotation and extension as tolerated after 6 weeks

Sling

- None

Therapeutic Exercise

- 6-8 weeks: Begin light resisted ER, forward flexion and abduction
- 8-12 weeks: Begin resisted internal rotation, extension and scapular retraction

Phase III: 12-24 Weeks Post-op

Range of Motion

- Progress to full ROM without discomfort

Sling

- None

Therapeutic Exercise

- Advance strengthening as tolerated
- Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres
- Maximize subscapular stabilization