

# Arthroscopy Latarjet procedure rehab

## Duration

## Rehabilitation

0 to 2 weeks

Arm pouch at all times.

Elbow flexion extension and hand grip exercises.

Forward elevation to 90 and abduction to 90.

External rotation to 20 degrees.

Isometric deltoid exercises.

Scapular stabilization exercises.

Ice packs sos for pain.

2 to 4 weeks

Discard arm pouch.

Aim for full flexion and abduction.

External rotation to 40 degrees.

4 to 8 weeks

Aim for full ROM in all directions.

End range stretching within pain tolerance.

Cuff strengthening exercises.

8 to 12 weeks

Ensure full ROM in all direction.

Cuff strengthening.

Trapezius, serratus anterior and rhomboid strengthening.

Core stability exercises.

12 weeks onwards

Return to light sports (Non throwing, non contact)

16 to 18 weeks onwards

Unrestricted return to play

Please do not deviate from this protocol without prior discussion with the surgeon.

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