Latarjet Procedure Protocol
Latarjet Procedure

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<table>
<thead>
<tr>
<th>Sling</th>
<th>When will I go home?</th>
<th>What can I do?</th>
<th>What can’t I do?</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 weeks</td>
<td>You will be discharged on the same day as the operation</td>
<td>Passive range of movement within safe zone*</td>
<td>No abduction/external rotation. No forced movements. No lifting</td>
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Acute phase (0-4 weeks)

Goals
- Protect surgical repair
- Reduce pain
- Commence controlled shoulder range of movement
- Promote improved proprioceptive acuity

Rehabilitation
- Safe zone: aim for passive range of movement to 90° elevation, 45° abduction, 0° external rotation by end of second week
- Active assisted/supported range from 2 weeks
- No forced movements, no combined aduction/external rotation
- Closed kinetic chain/proprioception exercises
- Cuff exercises within safe zone
- Scapular setting exercises
- Elbow, wrist, hand exercises

Criteria for progression
- Controlled pain
- Adequate range of movement (need adequate rotational range of movement before introducing active through range cuff facilitation work above 90°)
- Compliance with exercises

Intermediate phase (4-8 weeks)

Goals
- Discard sling
- Restore functional range of movement
- Re-educate cuff recruitment and scapular control through range
- Enhance proprioception
- Preserve surgical repair integrity

Rehabilitation
- No passive stretching into combined abduction/external rotation
- Encourage active movement with good control and without apprehension
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- Engage cuff and scapular stabilisation
- Progress cuff and scapular recruitment through range
- Progress kinetic chain integration
- Closed kinetic change work
- Hydrotherapy permitted

Criteria for progression
- Painfree functional range of movement
- Good cuff and scapular control through functional range

Late phase (>8 weeks)

Goals
- Restore full range of movement
- Optimise preparatory and reactive stabilisation
- Optimise cuff and scapular control under load
- Enhance shoulder power, strength and endurance

Rehabilitation
- Regain optimal range of movement into combined positions
- Enhance neuromuscular control through range and incorporated with kinetic chain
- Strengthening and endurance exercises for cuff and scapular musculature
- Preparatory and reactive stabilisation drills in risk positions

Guidelines for return to functional activities

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<th>Driving</th>
<th>Lifting</th>
<th>Swimming</th>
<th>Golf</th>
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<td>6-8 weeks</td>
<td>Light lifting 4 weeks.</td>
<td>Breaststroke 6 weeks, freestyle 12 weeks</td>
<td>3-6 months</td>
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<tr>
<td></td>
<td>Avoid heavy for 3 months</td>
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Driving
- Light lifting 4 weeks.
- Avoid heavy for 3 months

Lifting
- Breaststroke 6 weeks, freestyle 12 weeks

Swimming
- 3-6 months

Golf