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Latarjet Protocol

Precautions:

- Smooth, controlled movements—NO JERKS!
- Don't push ER, let it come for 1st 4-6 weeks
- Sling full-time for 4 weeks

2-4 weeks

PROM, AAROM, AROM

Limit ER to neutral

No resisted biceps or forward shoulder flexion for 6 weeks

OK scapular & shoulder isometrics w/in limits of pain—slow load, 5 sec

4 weeks

Start light PRE's for rotator cuff, scapular stabilizers

Progress as tolerated, but always smooth, controlled

6 weeks

OK resisted biceps, shoulder flexion—progress slowly

Progress PRE's

8 weeks

Full-intensity PRE's,

Expect Full AROM (though may never regain full abduction/ER)