



# Mid-America Orthopedics

**Dr. Justin Strickland**

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## LATARJET PROTOCOL

### Day 1-41

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- **PT not initiated; no ER for 6 weeks**
- Immobilization: Sling continuously worn with abduction pillow for 6 weeks. May remove sling for hygiene and exercise.
- PT removes bandages on POD #3, keep steri-strips intact until Dr Strickland can remove them.
- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present recover with 4x4's, and notify Dr Strickland (may need antibiotics).
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- If any wounds are oozing delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars.

### 6-12 Weeks Post-op

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- **Sling:** D/C
- **ROM:**
  - Begin **passive** GH ER with goal of getting 50% ER ROM compared to non-surgical shoulder by 12 weeks s/p.
  - Begin AAROM forward flexion with pulley or cane
  - Increase flexion and IR PROM to tolerance

### 3 Months Post-op

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- **Strengthening:** Begin strengthening
- **ROM:**
  - ER: should be 50% ER ROM compared to non-surgical shoulder at this point.
  - Increase ROM to full in all planes

### 6-12 Months Post-op

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- If graft healing well (**per physician**), pt. may start weightlifting in gym.
- In general, return to full contact activities is delayed for 1 year post-op.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 978-9000.