

LATARJET/GLENOID RECONSTRUCTION REHABILITATION

Instructions

- Sling immobilization for the first two weeks post-operatively.
- No shoulder range of motion for the first two weeks post-operatively.
- Remove sling for elbow, wrist, and hand motion three times a day for the first two weeks.
- At two weeks begin physical therapy progression from passive to active assisted to active range of motion. No specific motion restrictions.
- Avoid the abducted and externally rotated position for the first six weeks post-operatively, otherwise no motion restrictions.
- Avoid heavy manual labor and athletic activities that involve the upper extremity for the first three months post-operatively.

Modalities

Heat before and ice after therapy.