

Shoulder Latarjet (Coracoid Transfer)

Dr. Austin Crow, Dr. Mark McCarthy
 Chippewa Valley Orthopedics & Sports Medicine
 1200 OakLeaf Way, Suite A 757 Lakeland Drive, Suite B
 Altoona, WI 54720 Chippewa Falls, WI 54729

Patient _____
 DOS _____

	POW 1-3	POW 4-5	POW 6-9	POW 10-15	POW 16+
Sling	Yes	Yes	Wean and D/C		
PROM Flexion	100° - advance as tolerated	Advance as tolerated			
PROM ER	25°	45°	Advance as tolerated		
PROM IR	45°	45°	Advance as tolerated		
AROM	None	AAROM ok	Yes - without compensation		
Exercises	PROM/AAROM AROM elbow, wrist, hand Ball squeezes Scapular Mobilizations Table Flexion Supine Wand ER	Glenohumeral joint mobilizations Motion Ranger Flex/ER/ABD Pulleys Swill Ball Roll Scapular Retraction UBW	Rhythmic Stabs Weight Shifts Sidelying ER Isometrics (flex, ext, IR, ER, Abd, Add) IR/ER Tubing Prone or Bent Rows, Ext Supine Flex/Scap Standing Flex/Scap (90°) Rows/Extension Tubing	Bicep curls Wall Push Ups Push up Plus D1/D2 Advance strengthening at chest level	Overhead strengthening Progress deltoid, latissimus dorsi, pec strengthening Push Ups Plyometrics Return to sports No overhead athletic moves or throwing until 4 months post op

Any Questions? Please contact: **Northwoods Therapy Associates**
 Altoona, WI Chippewa Falls, WI
 (715) 839-9266 (715) 723-5060

April 2020