



Nathan E Marshall MD
Rochester Hills, MI
(248) 650-2400
Shelby Township, MI
(586) 254-2777
NateMarshallMD.com

Latarjet/Bristow Physical Therapy Protocol

Weeks 0-3

Primary goals: Eliminate swelling; initial ROM

- Patient is placed in a sling immediately postop, sling for 4 weeks for comfort, immobilizer during sleep for 4 weeks
- Elbow/Hand ROM ok
- Hand gripping exercises
- Passive ROM, active assist in scapular plane, no ER past 20 deg
- Belt to forehead motion, pendulums
- Ice, modalities as indicated

Weeks 3-6

Primary goals: Increase ROM, initial strength

- Discontinue sling at 4 weeks
- Continue gentle ROM exercises (PROM and AAROM)
 - Limit ER to 20 deg at side
- No excessive ER, extension or elevation
- Core stabilization program
- Initiate scapular strengthening program
- Cuff, deltoid isometrics

Weeks 6-12

Primary goals: Full ROM, increase strength

- Gradually improve to full ROM, ok for ER
- Scapular strengthening
- Resisted rotator cuff strength, ER, forward flexion, abduction
- 8 weeks, begin resisted internal rotator, extension, scapular retraction

Weeks 12-24 weeks

Primary goals: Full painless ROM, advanced strength

- Advance strengthening as tolerated
- Closed chain scapular rehab and functional rotator cuff strength, focus on anterior deltoid, teres, maximize subscapular stabilization