

Latarjet/Anterior Bone Block Procedure Protocol



Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____ Frequency: _____ times per week | Duration: _____ weeks

Week 0-4:

- » Home exercise program given post-op

Weeks 4-8:

- » D/C sling @ week 4 and begin PT
- » Begin PROM → AAROM → AROM and increase to AROM 140° FF/ 40° ER at side/ 60° ABD/ IR behind back to waist
- » Strengthening (isometrics/light bands) within AROM limitations
- » Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc)
- » Physical modalities per PT discretion

Weeks 8-12:

- » If ROM lacking, increase to full with gentle passive stretching at end ranges
- » Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers

Months 3-12:

- » Strengthen surgical shoulder no more than 2 - 3x/week to avoid rotator cuff tendonitis
- » Begin eccentric resisted motions, plyometrics (e.g., weighted ball toss), proprioception (e.g., body blade), and closed chain exercises
- » At 12 weeks, begin sports related rehab, including advanced conditioning
- » Return to throwing (and other overhead sports) at 4 ½ months

Additional:

- ☐ Teach HEP ☐ Work Hardening/Work Conditioning ☐ Functional Capacity Evaluation

Modalities:

- ☐ Ice or cryotherapy before/after ☐ Heat before/after ☐ Electric Stimulation ☐ TENS ☐ Ultrasound
- ☐ Trigger points massage ☐ Dry needling ☐ Therapist's discretion

Signature: _____ Date: _____

Want to learn more? Find relevant videos, animations, and research material by orthopaedic surgeon Dr. Anthony Romeo at **anthonyromeomd.com**. ➔

