



EXCEPTIONAL ORTHOPAEDIC CARE BEGINS HERE

Dr. Justin Strickland

10100 E. Shannon Woods Circle, Ste. 100
Wichita, KS 67226 | 316-219-8299

LATARJET PROTOCOL

Weeks 0-2:

- **PROM:**
 - Flexion: 0-90 degrees
 - Abduction: 0-90 degrees
 - External Rotation 0 degrees
 - Internal Rotation: as tolerated
- **Sling:** Pillow
Wear continuously.

Weeks 3-6:

- **PROM:**
 - Flexion: progress as tolerated
 - Abduction: progress as tolerated
 - External Rotation: remain protected at 0° ER
- **Sling:**
Wear continuously

Weeks 6-11:

- **ROM:**
 - Begin AAROM
 - Begin AROM as tolerated
 - PROM-continue with full ROM in flex, abd and IR
 - Progress ER to 30 degrees
- **Sling:**
Discontinue sling at week 6
- **Strengthening:**
 - May begin isometrics at week 6
 - Progress to isotonic at week 8

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) 219-8299.