

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Diagnosis: \_\_\_\_\_ Shoulder Instability \_\_\_\_\_ Code: \_\_\_\_\_ M25.31 \_\_\_\_\_  
Procedure: \_\_\_\_\_ Latarjet (Coracoid Transfer) \_\_\_\_\_ Surgery Date: \_\_\_\_\_

**In order for University of Utah Health Care to complete this referral, please fax the patient's first consult notes to the University of Utah Orthopaedic Center at 801-581-4404. Thank you.**

*Timing of each phase varies based on individual patient factors, length of time immobilized, strength/ROM status, and expected performance/activity demands.*

**Phase I: Protect Repair (0 to 6 weeks)**

- Patient may shower immediately over clear plastic, waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Ice or cold flow systems encouraged for the first week at a minimum
- Sling should be worn when not performing exercises
- Do not lift anything greater than 2 lbs with the surgical arm
- Active scapular mobility exercises at 3 weeks (keep shoulder muscles relaxed)
- Home exercise program 3 times per day:
  - Immediate elbow, forearm and hand range of motion out of sling
  - Pendulum exercises (start at 2 weeks)
  - Passive and active assisted forward elevation to 130, ER to 30 (start at 2 weeks)
- AVOID range of motion into abduction, ER >30 degrees or active IR

**Phase II: Active ROM (6 weeks to 12 weeks)**

- Discontinue sling at all times
- Lifting restriction of 5 lbs
- Advance active and passive ROM
  - ER at the side and flexion to tolerance
  - Scapular plane elevation to 130
  - IR and extension to tolerance
- Scapular stabilizer strengthening
- Gentle rotator cuff strengthening
- Avoid combined abduction and ER ROM, active or passive

**Phase III: Strengthening (>12 weeks)**

- No lifting restrictions
- Begin combined abduction and ER ROM and capsular mobility
- Advance rotator cuff and scapular stabilizer strengthening
- Initiate functional progression to sports specific activities at 4 months

Modalities per Therapist

Freq: 1-3x/week

Duration: 8-12 weeks

Signature \_\_\_\_\_