

## Shoulder Latarjet (Coracoid Transfer)

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Patient \_\_\_\_\_  
 DOS \_\_\_\_\_

	<b>POW 1-3</b>	<b>POW 4-5</b>	<b>POW 6-9</b>	<b>POW 10-15</b>	<b>POW 16+</b>
<b>Sling</b>	Yes	Yes	Wean and D/C		
<b>PROM Flexion</b>	100° - advance as tolerated	Advance as tolerated			
<b>PROM ER</b>	25°	45°	Advance as tolerated		
<b>PROM IR</b>	45°	45°	Advance as tolerated		
<b>AROM</b>	None	AAROM ok	Yes - without compensation		
<b>Exercises</b>	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**  
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