

## Rehabilitation Guidelines | Latarjet Stabilisation Surgery

### The recovery process

Rehabilitation after Latarjet stabilisation is a structured process designed to restore shoulder movement and strength while allowing the transferred bone and soft tissues to heal securely. In later stages strength and shoulder performance are optimised for return to sports or work.

Guidelines are provided here; however, adjustments may be made by your physiotherapist during recovery tailored to your individual progress.

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### General guidelines

- A sling is worn for the first **4 weeks**, with removal at home (including at night)
- Early rehabilitation focuses on **protecting the repair and controlled movement**
- Exercises to be performed at least 3 x/day.

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### Weeks 0-4: Protection and early mobility

During the first phase, the focus is on protecting the repair while initiating movement.

In this time:

- Sling use when walking outside the home, with removal for all basic tasks at home or desk-based activities
- No sling required while sleeping
- Normal movement of the hand, wrist, and elbow
- Use of ice in the early post-operative period to help manage swelling

Exercises:

- Gentle pendulum exercises
- Controlled shoulder movement within safe limits:
  - Flexion up to 90 degrees
  - External rotation up to 20 degrees. External rotation may be difficult but important to perform to prevent stiffness
  - Internal rotation to the side of the body only
- Scapular stabilisation exercises

**Important:**

- Avoid lifting, pushing, or sudden shoulder movements
- Avoid carrying loads greater than approximately 1 kg
- Keep movements within prescribed limits

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### Weeks 4-8: Restoring movement

At this stage the sling is discontinued and movement progresses towards full range. Physiotherapy in the community to direct exercises and full recovery

Exercises:

- Passive and active-assisted range of motion exercises
- Assisted movements using a stick, pulley, or the opposite arm
- Focus on developing full external rotation and introduce ABER positioning
- Light isometric muscle contraction
- Continued scapular control exercises

**Important:**

- Avoid heavy lifting or resistance training
- Push gently to point of pain if present

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### Weeks 8-12: Strengthening phase

Strengthening of the shoulder and surrounding muscles  
Improving joint stability and function

Exercises:

- Resistance band exercises for internal and external rotation + elevation
- Rowing and scapular stabilisation exercises
- Continue stretches into shoulder flexion, abduction and rotation
- Modified weight-bearing exercises such as wall or bench push-ups
- Proprioception and stability drills (e.g. ball on wall)

**Important:**

- Avoid high loads or sudden movements
- Increase resistance in a gradual way

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### 3-6 months: Advanced strengthening and return to activity

Rehabilitation progresses to include:

- Progressive strengthening using gym or home-based programs
- Functional and sport-specific exercises
- Continued improvement in stability, strength, and control

Exercises:

- Develop overhead strengthening
- Plyometric exercises (e.g. controlled ball work)
- Dynamic stability exercises (e.g. plank variations)
- Structured gym-based strengthening under guidance

A follow-up physical review in the office and X-ray is arranged at **3 months** to assess progress. If the graft is healing as expected and pain is absent or minimal then weights training and other strengthening modalities can be pursued more aggressively to prepare for return to sport or heavy work.

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### Return to activity

- Return to driving at approx. 2 to 3 weeks (sling off)
- Gradual return to physical work once the sling is removed at 4 weeks. Heavy loads will require 10 to 12 weeks
- Return to sport is guided by movement, strength and expected loads
- Collision sports usually at 4 1/2 to 5 months following surgery.

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### Your rehabilitation journey

Recovery after Latarjet surgery requires patience and consistency. Protecting the repair early and progressing gradually is important to achieve the best outcome.

Pain, swelling, or sharp discomfort are signs to reduce intensity.

Consistency with the program is important.

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### Important note

These guidelines provide a general framework for recovery. Follow any alterations advised by either Dr. Dallalana or your physiotherapist. Report any blocks to expected progress.