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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Anterior Bony Augmentation for Shoulder Instability (Latarjet)

Sling for 6 weeks.

Phase 1 - (QUIET)

Week 0-4

Quiet in sling

Work on elbow/wrist/hand/finger motion

Begin active scapular retraction/protraction exercises with therapist cueing

Phase 2 - (PASSIVE)

Week 5-8

Pendulums to warm-up beginning week 5

Supine External Rotation – 0 to 30 degrees beginning at 5 weeks with progression to full passive range

Supine Forward Elevation – 0-90 degrees beginning at 5 weeks with progression to full passive range

**progress to upright as tolerated with ER and FE*

Phase 3 - (ACTIVE)

Pendulums to warm up and continue with phase 2

Week 9-12

Active Range of Motion with terminal stretch

Supine External Rotation – after 8 weeks progress gradually to full

Supine Forward Elevation – after 8 weeks progress gradually to full

Begin active biceps

Internal rotation – Full (begin behind the back)

Begin AROM in supine and progress to upright

Phase 4 – (RESISTED)

Months 3-6

Pendulums to warm up and continue with phase 3

External and Internal Rotation

Standing forward punch

Seated rows, shoulder shrugs and biceps curls

Initiate some sports functional activity

Phase 5

Month 6+

Return to Sports