



Duke Orthopaedics: Upper Extremity Division

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LATARJET / ANTERIOR BONE BLOCK (Distal Tibial Allograft) PHYSICAL THERAPY PROTOCOL

1. Weeks 0-4
 - a. Sling 24/7
 - b. Home exercises as prescribed, Elbow/Hand AROM, Gentle shoulder PROM flexion, Pendulums and hand gripping exercises
 - c. Cryotherapy, modalities as indicated for swelling and pain management
2. Weeks 4-8:
 - a. Gradual wean from sling weeks 4-6
 - b. Begin PT at week 4
 - c. Starting with PROM as tolerated then advancing to AAROM→AROM and increase to AROM 140°FF 40°ER at side 60°ABD/ IR behind back to waist
 - d. Strengthening (isometrics/light bands) within AROM limitations, horizontal abduction exercises
 - e. Strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc)
 - f. Physical modalities per PT discretion
3. Weeks 8-12:
 - a. If ROM lacking, increase to full with gentle passive stretching at end ranges
 - b. Advance strengthening as tolerated: beginning with isometrics→bands→light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers
4. Months 3-12: Only do strengthening 3x/week to avoid rotator cuff tendonitis
 - a. Begin UE ergometer
 - b. Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
 - c. Begin sports related rehab at 3 months, including advanced conditioning
 - d. Return to throwing at 4 months Throw from pitcher's mound at 6 months