

Latarget Protocol

Sling should be worn for approximately 6 weeks per Dr. Driscoll's instruction. May remove for treatment. Patient may also remove sling for activities such as eating, writing, computer work, and personal hygiene. Please provide daily home program for each phase.

PHASE 1 (weeks 1-6): Goals - pain control, reduction of inflammation, gradual restoration of range of motion, maintenance of scapulothoracic function, & maintenance of cardiovascular health.

PHASE 1A (weeks 1-2)

- Remove sling three times per day for the following:
 - Active range of motion at wrist, elbow and hand
 - Scapular protraction and retraction, elevation and depression
 - Squeeze exercise ball often
- Ice to control pain and inflammation
- Maintain cardiovascular health using walking or exercise bike

PHASE 1B (weeks 3-4)

- Continue phase 1A regimen
- Add pendulum exercises
- Lower extremity and trunk exercises (no bouncing)

Phase 1C (weeks 5-6)

- Continue phase 1B regimen
- Add active-assisted forward elevation (limit 120 degrees) & external rotation (limit 0-10 degrees)
- Avoid aggressive passive stretching, especially with external rotation.
- Add isometric abduction and external rotation exercises with arm at the side (*Avoid isometric internal rotation until week 6, avoid isometric external rotation exercises until 6 weeks if a "remplissage" was performed*)

PHASE 2 (weeks 6-12) Goals - restoration of range of motion, strengthening of shoulder and scapular stabilizers, general conditioning.

- Progress to full AROM without pain.
- Add low resistance theraband exercises for scapular stabilization, biceps curls, triceps pushdowns, external rotation, and abduction.
- Continue lower extremity and trunk exercises
- Jogging now allowed
- No throwing

PHASE 3 (months 4-5) Goals – Pain-free full ROM, improve muscular strength and endurance, improve dynamic stability, and begin sport-specific training.

- Continue theraband strengthening exercises and progress to light weight training according to patient preference
 - Avoid abduction external rotation motion such as military press, lat pulldown, chest fly's, behind the neck squats, etc.
- Sport specific drills: easy tossing, swing bat, dribble and shoot
- No contact sports

PHASE 4 (>5 months) Goals - Pain-free full ROM, normalized strength, return to sport or activity program.

- Advance sport specific drills
- Advance strengthening, with abduction external rotation as tolerated
- Return to play when motion and strength are normal and cleared by physician

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