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**Post-Op Protocol for Gregory V. Gomez, MD**  
**Latarjet Procedure**

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Week 0-3

- Maintain sling use
- Pendulum hangs, scapular retractions, passive ER
- Ice\*\*

Week 3-6

- \*\*Guide progress with osseous integration by x-ray
- Wean out of sling (maintain sling use in public for one more week)
- Begin PT
  - Phase I stretching
  - At week 5, add phase II stretching and overhead pulleys
  - Scapular strengthening

Week 6-12

- Add Phase I strengthening
- Biceps, triceps, and deltoid strengthening
- Use shoulder for ADLs

Week 12-16

- Total arm strengthening

Week 16

- Return to play