



## Lat Tendon Repair Post-Operative Rehabilitation Protocol

### Weeks 0-1:

- Patient to do home exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening).
- Patient to remain in shoulder immobilizer for 4 weeks.

### Weeks 1-6:

- True PROM only! The tendon needs to heal back into the bone.
- ROM goals: 90° FF/30° ER at side; ABD max 40-60° without rotation
- No resisted motions of shoulder until 12 weeks post-op
- Grip strengthening
- No canes/pulleys until 6 weeks post-op, because these are active-assist exercises
- Heat before PT, ice after PT

### Weeks 6-12:

- Begin AAROM to AROM as tolerated
- Goals: Same as above, but can increase as tolerated
- Light passive stretching at end ranges
- Begin scapular exercises, PREs for large muscle groups (pecs, lats, etc)
- Isometrics with arm at side beginning at 8 weeks

### Months 3-12:

- Advance to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (ex: weighted ball toss), proprioception (body blade)
- Begin sports related rehab at 4.5 months, including advanced conditioning
- May begin throwing at 4 months ([Interval Throwing Program](#))
  - \*\*Throwing Prep Screen prior to initiating throwing. Schedule via QR code 1 or [spc@rushortho.com](mailto:spc@rushortho.com)
  - \*\*Throwing Assessment when throwing at 80%+ effort or on the mound. Schedule via QR code 2 or [spc@rushortho.com](mailto:spc@rushortho.com)
- \*\*For non-throwing patients, Upper Body Assessment when initiating return to activity progression. Schedule via QR code 3 or [spc@rushortho.com](mailto:spc@rushortho.com)
- Return to full competition 9-12 months

