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REHAB PROTOCOL: LATISSIMUS TENDON/TERES MAJOR REPAIR

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I: Protection Phase (0-6weeks)

Precautions

- No active ROM of Shoulder
- NO passive shoulder flexion more than 90
- No passive cross body adduction

Immobilization

- Shoulder brace at all times except during shower, changing clothes or doing therapy

Exercise

- Therapist supervised passive
 - Forward elevation to less than 90 degree and abduction less than 45 degrees
 - External and internal rotation to tolerance with arm at side
- Wrist, hand and elbow ROM exercise with the arm in orthosis

Phase II: Range of motion phase (6-12 weeks)

Precautions

- Range of motion exercises that may increase stress on the repair (abduction or flexion more than 120) are approached cautiously in 6-9 weeks and gradually introduced thereafter

Immobilization

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- Wean off sling at 6 weeks

Exercise

- Establish scapular control and rhythm (Scapular clock, low row, table slide, wall slide)
- Shoulder and scapular AAROM (pulleys) progressing to AROM
 - Closed chain exercises followed by open chain
 - IR behind the back, cross body adduction and forward elevation beyond 150 degrees increase stress on repair and should be introduced last in this phase
- Initiate isometrics of shoulder and deltoid and scapula at the end of this phase

Phase III: Weeks 12-18 (Strengthening phase)

Exercises

- Continue isometric exercise
- Introduce isotonic exercises of shoulder and scapular muscles (bands followed by light weights)
 - Targets: rotator cuff, deltoid, serratus anterior, latissimus dorsi, trapezius, scapular rotators, biceps, pectoralis major
 - Blackburn Y's and T's to be started free hand without weights first till significant control is achieved

Phase IV: 18 Weeks Beyond (Advanced strengthening phase)

Exercises

- Start sport specific training and drills
- Return to throwing
- Contact sports at 6 months

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage



Evaluations and Other

◇ Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____

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