

## SHOULDER PHYSIOTHERAPY REFERRAL

### Open Stabilisation – Latarjet Procedure

Dear Physiotherapist,  
Thank you for seeing:

**Surgery Date:**

**Preoperative Diagnosis:** Left / Right anterior instability with glenoid bone loss

**Surgical Procedure:** Open Latarjet procedure

**Treatment Required:** Could you please commence the following: **Wean sling from 6 weeks**

<u>SHOULDER</u>		<b>Days</b>	<b>Week</b>
<b>ROM</b>	closed chain passive desk slide exercises		6
	Forward elevation - Passive		6
	- Active assisted		6
	- Active supine		6
	- Active erect		6
	External rotation - Active assisted		6
	- Active		6
	IR / Posterior capsular stretch		12
<b>Strength</b>	Light ER in adduction therapy (<40% max)		12
	Non weight-bearing scapular stabilisation		6
	Lifting limit of 500gm until:		12
	Proprioceptive exercises		12
<b><u>ELBOW</u></b>			
<b>ROM</b>	Passive	<b>1</b>	
	Active assisted		6
	Wean sling		6

**\*Avoid abduction and external rotation loading for 6 months\***

Please notify me by phone, fax or email if you have concerns re:

- Excessive pain
- Excessive stiffness
- Concerns about compliance.

With thanks

Dr Alan Dao                      Date: \_\_\_\_\_