LATISSIMUS / TERES MAJOR REPAIR PHYSICAL THERAPY PROTOCOL

Name_________________________________________________________ Date__________________

Diagnosis  s/p RIGHT/LEFT Latissimus/Teres Major Repair

Date of Surgery_______________________________

Frequency: _______ times/week Duration: _______ Weeks

______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 6 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⇒AROM as tolerated
Goals: Same as above, but can increase as tolerated
Light passive stretching at end ranges
Begin scapular exercises, PRE 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, plyo (ex. Weighted ball toss), proprioception (es. body blade)
Begin sports related rehab at 4 months, including advanced conditioning
Return to throwing at 4 months, begin with light toss
Return to throwing from the pitcher’s mound at 6 months
Return to full competition 9-12 months

____ Functional Capacity Evaluation  ____Work Hardening/Work Conditioning  ____ Teach HEP
Modalities
Electric Stimulation  ____Ultrasound  ____Iontophoresis  ____Phonophoresis  ____Heat before
____Ice after  ____Trigger points massage  ____TENS  ____ Therapist’s discretion

Signature__________________________________________ Date__________________