



DR CHEN TU PROTOCOL LATARJET PROCEDURE

Physiotherapy follow-up recommended

✓ The aim is to protect the bone block and soft tissues while gradually restoring movement, strength and confidence.

0–4 WEEKS

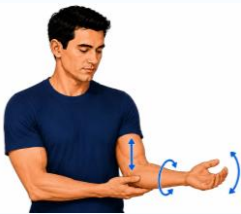
PROTECT AND MOVE GENTLY

- Sling for 4 weeks; remove for hygiene and exercises.
- Keep neck, elbow, wrist and hand moving.
- Gentle protected shoulder movement as directed.
- Maintain general fitness and lower limb exercise.

IMPORTANT

- ✗ Do not force or aggressively stretch
- ✗ No heavy lifting, pushing or pulling
- ✗ Avoid sudden movements or falls

Exercise examples only — your physiotherapist will teach technique and progression.



Hand / wrist / elbow



Pendulum



Scapular setting



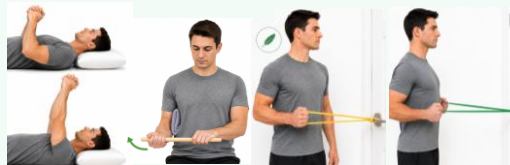
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Controlled early movement helps avoid stiffness while the repair heals.

4–12 WEEKS

RESTORE MOVEMENT AND STRENGTH

- Wean and discontinue sling from 4 weeks
- Progress assisted to active shoulder movement.
- Work towards comfortable functional range.
- Increase external rotation gradually, not by forcing it.
- Begin physio-guided cuff and shoulder blade strengthening.



Exercises are progressed by your physiotherapist. Avoid aggressive stretching or heavy loading early.

3–6 MONTHS

BUILD STRENGTH AND RETURN TO ACTIVITY

- Progress strengthening and endurance through range.
- Increase functional loading gradually.
- Progress overhead activity where appropriate.
- Introduce work or sport-specific rehabilitation.
- Return to heavier work and recreation gradually.



Return to sport is based on strength, control and confidence, not time alone.

TYPICAL MILESTONES

1

2–4 WEEKS

- Sedentary work as comfortable.
- Minimal lifting.
- Remain in sling.

2

~ 4–6 WEEKS

- Sling discontinued.
- Begin more active rehab.
- Driving may be considered once safe and out of sling.

3

~ 12 WEEKS

- Near-full functional movement.
- Progress manual work and heavier lifting.

4

~ 6 MONTHS

- Consider return to contact or collision sport once strength, control and confidence have returned.

KEY POINTS TO REMEMBER



MOVEMENT TO PROGRESS GRADUALLY



External rotation should be restored gradually. Do not force the arm backwards early.