



Latissimus Transfer

Name _____ DOS: _____

Dr. Petre _____ DX: _____

		Week														
		1	2	3	4	5	6	7	8	9	10	13	17	21	25	
ROM	Phase I – Maximal Protection Passive Range of Motion (PROM)															
	DATE															
Restrictions FE: Full, gentle ER: Full IR: 0 for 6 wks Ext: 0 for 6 wks	Scapular Retraction-Depression	●	●	●	●	●	●									
	Cervical ROM Exercises	●	●	●	●	●	●									
	Elbow/Hand/Wrist ROM	●	●	●	●	●	●									
	Pendulums	●	●	●	●	●	●									
	Aqua Therapy for Gentle AAROM			●	●	●	●									
	Ankle Pumps to prevent DVT's	●	●	●	●	●	●									
Begin full AROM: 6-8 weeks	Passive ROM															
	External Rotation	●	●	●	●	●	●	●	●		Continue PROM until full ROM is achieved.					
	Forward Elevation & Scaption	●	●	●	●	●	●	●	●							
Sling Abduction Sling for 5-6 wks	Abduction	●	●	●	●	●	●	●	●		Begin Internal Rotation gently as this can stress the latissimus attachment					
	Internal Rotation to Belt Line						●	●	●	●						
	Internal Rotation						●	●	●	●						
T.E.D. Hose 2 weeks to prevent DVT's	Phase II-Minimal Protection Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
	Active Assist ROM															
Time Lines Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)	Internal & External Rotation						●	●	●	●						
	Forward Elevation & Scaption						●	●	●	●						
	Isometrics-Light															
	Internal/External Rotation					●	●	●	●							
	Deltoid			●	●	●	●	●	●							
	Active ROM															
	Sidelying External Rotation							●	●	●	●	●	●			
	Forward Elevation & Scaption (lawn chair progression)							●	●	●	●	●	●	●		
	Salutes (lawn chair progression)							●	●	●	●	●	●	●		
	Prone Horizontal Abduction w/ ER							●	●	●	●	●	●	●		
	Prone Lower Traps to 60							●	●	●	●	●	●	●		
	Prone Extensions with ER							●	●	●	●	●	●	●		
	Open Chain Proprioception							●	●	●	●	●	●	●		
	Low Load Prolonged Stretches															
Door Jam Series								●	●	●	●	●	●	●	●	
Towel Internal Rotation								●	●	●	●	●	●	●	●	
Cross Arm Stretch										●	●	●	●	●	●	
Sleeper Stretch										●	●	●	●	●	●	
TV Watching Stretch									●	●	●	●	●	●	●	
90/90 External Rotation Stretch									●	●	●	●	●	●	●	
Activities of Daily Living (ADL's)	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
Eating/Drinking (Elbow motion ok)	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Dressing		●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Washing/Showering							●	●	●	●	●	●	●	●	●	
Computer with supported arm		●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Driving							●	●	●	●	●	●	●	●	●	
Lifting up to 5 lbs.							●	●	●	●	●	●	●	●	●	
Overhead Activity										●	●	●	●	●	●	
Lifting greater than 5 lbs.										●	●	●	●	●	●	

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues.

Week

Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation										●	●	●		
Internal Rotation										●	●	●		
Punches with a Plus										●	●	●		
Sport Cord Rows										●	●	●		
Prone Lower Trap										●	●	●		
Bicep Curls										●	●	●		
Triceps Extensions										●	●	●		
Initial Push-up Plus										●	●	●		
Initial Closed Chain Stability										●	●	●		
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	15	21	25
External Rotation at 45											●	●	●	●
Bear Hugs											●	●	●	●
External Rotation at 90											●	●	●	●
Statue of Liberty											●	●	●	●
Advanced Push-up Plus											●	●	●	●
Advanced Closed Chain Stability											●	●	●	●
PNF with Resistance											●	●	●	●
Decelerations												●	●	●
Plyometric External Rotation												●	●	●
Phase IV: Weight Lifting in Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	15	21	25
CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS														
Skiing													●	●
Throwing Progression														
Overhead and Serving Sports (tennis, volleyball)														
Contact Sports (football, hockey, lacrosse)														
Swimming														

Use Biofeedback

Check with Physican

These protocols were originally developed by The Steadman Clinic and Howard Head Sports Medicine in Vail, CO
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