

Repair of Latissimus/Teres Major



Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____ Frequency: _____ times per week | Duration: _____ weeks

Week 0-1:

- » Patient to do home exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
- » Patient to remain in shoulder immobilizer for 4 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 6 weeks post-op
- » Grip strengthening
- » No canes/pulleys until 6 weeks post-op because these are active-assist exercises
- » Heat before, 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, progressive resisted exercises 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
- » Strengthen surgical shoulder no more than 2-3x/week to avoid rotator cuff tendonitis
- » Begin eccentric resisted motions, plyometrics (e.g., weighted ball toss), proprioception (e.g., body blade)
- » Begin sports related rehab at 4 ½ months, including advanced conditioning
- » Return to throwing (and other overhead sports) at 4 months, begin with light toss
- » Return to throwing from the pitchers mound at 6 months
- » Return to full competition 9-12 months

Additional:

- Teach HEP
- Work Hardening/Work Conditioning
- Functional Capacity Evaluation

Modalities:

- Ice or cryotherapy before/after
- Heat before/after
- Electric Stimulation
- TENS
- Ultrasound
- Trigger points massage
- Dry needling
- Therapist's discretion

Signature: _____ Date: _____

Want to learn more? Find relevant videos, animations, and research material by orthopaedic surgeon Dr. Anthony Romeo at anthonyromeomd.com. →

