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## Latissimus/Teres Major Protocol

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Frequency: \_\_\_\_\_ times per 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's 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, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
- Begin sports related rehab at 4 ½ months, including advanced conditioning
- Return to throwing at 4 months, begin with light toss
- Return to throwing from the pitchers mound at 6 months
- Return to full competition 9-12 months

# Latissimus/Teres Major Protocol (cont'd)

**Comments:**

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**Additional:**

Functional Capacity Evaluation     Work Hardening/Work Conditioning     Teach HEP

**Modalities:**

Electric Stimulation     Ultrasound     Iontophoresis     Phonophoresis     TENS     Heat before/after

Ice before/after     Trigger points massage     Other: \_\_\_\_\_

Therapist's discretion

Signature: \_\_\_\_\_

Date: \_\_\_\_\_