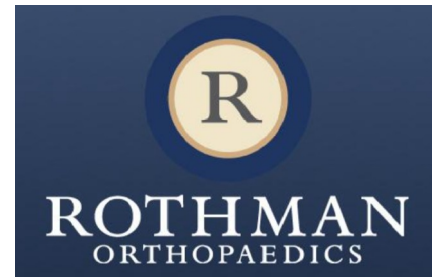


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LATISSIMUS / TERES MAJOR REPAIR PHYSICAL THERAPY PROTOCOL

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 _____