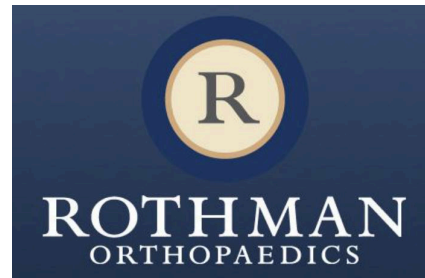


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LATISSIMUS / TERES MAJOR REPAIR PHYSICAL THERAPY PROTOCOL/PRESCRIPTION

Name _____

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
 Electric Stimulation _____ Ultrasound _____ Iontophoresis _____ Phonophoresis Heat before
 Ice after _____ Trigger points massage _____ TENS Therapist's discretion

Signature _____ Date _____