

Latissimus / Teres Major Nonoperative Physical Therapy Protocol/Prescription

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery : _____



Weeks 0-4:

- Immobilize with arm in sling for first 3-5 days. May remove sling after this time and use arm for ADLs.
- No lifting / pushing / pulling with the injured arm for 1 month.

May begin:

- Pendulums for GH motion, limit abduction
- PROM within pain free range ñ avoid terminal flexion, ABD, ER
- Grip strengthening, forearm, wrist and hand in protected LD position



Weeks 4-8:

- AROM including flexion, ABD, ER within pain free range (recommend patient seated or standing)
- Resisted biceps at week 6
- Manually resisted scapular protraction, retraction and elevation at week 6
- Isometric flexion, abduction, ER
- Avoid painful resistance or ROM
- No resisted triceps
- No resisted scapular depression, extension, adduction, IR
- No plyometric activities for shoulder and back



Weeks 8-12 advance as tolerated with:

- AROM and full ROM in all directions
- Gentle progression of strengthening extension, IR, adduction, NO PAIN
- Start with submaximal isometric
- Light resistance shoulder extension with elbow flexed
- Progress strengthening
- Assisted pull ups within pain free range
- Active concentric pull up (ascending)

- Progress eccentric pull up (descending)
- May begin sport specific activities and return to throwing program

Comments:**Frequency:** _____ **times per week****Duration:** _____ **weeks****Signature:** _____**Date:** _____