

Latarget Protocol

Phase I – Active-Assistive (Weeks 0 to 6): Pendulums to warm-up

- Supine to start and progress as tolerated
- Supine External Rotation - 0°
- Supine Forward Elevation – 0-90°
- No Resisted Internal Rotation

Phase II – Active (Weeks 6 to 7): Pendulums to warm-up. Active ROM with passive stretch to prescribed limits

- Supine to start → Seated Forward Elevation – gradually progress to full
- Supine → Seated External Rotation @ 0° (gradually increase to full)
- Begin Active Internal Rotation to Full

Phase III – Resisted (Weeks 8 to 9):

- Rotator cuff isotonic exercises
- External and Internal Rotation – standing forward punch
- Seated rows/shoulder shrugs
- Bear hugs
- Continue ER progression to full by 12 weeks

Phase IV – Weight Training (Weeks 10-12):

- Avoid anterior capsular stress.
- Keep hands in eyesight, not behind head, keep elbows bent, no long lever arms.
- Minimize overhead activities.
- No military press, pull-down behind head, or wide grip bench

Return to Activities:

- Computer: Early weeks
- Golf: 12 weeks (chip and putt only)
- Tennis: 16 weeks (no overhead)
- Throwing Intervals: 16 weeks
- Contact Sports: 6 months