

Latissimus Transfer
Dr. Souster

Sling in neutral rotation for 6 weeks. NO motion for 6 weeks. Avoid internal rotation across stomach for 6 weeks. Physical Therapy for passive range of motion including elbow rom starts at 6 weeks. Latissimus retraining (J exercises, external rotation) start at 6 weeks. Active assisted and active range of motion may begin at 8 weeks. Resistance may start at 14-16 weeks post-op. Released to full activity at 24 weeks.