

Center for Athletic Medicine
Dr. Preston Wolin
Latissimus Dorsi Transfer Protocol

~Please call 773.248.4150 with any and all questions~

Post op Day 1 to Week 6:

Patient placed in abduction brace for 6 weeks
Perform PROM for abduction, flexion, and ER. **NO adduction or IR!**
Perform elbow, wrist, and hand exercises
Use modalities for pain

Post op Week 6 to 12:

Start PROM for IR and adduction
Start A/AROM for flexion, abduction, and ER
Scapular strengthening

Post op Week 12 and on:

Start strengthening exercises of the rotator cuff
Use muscle re-education

*****If a patient is not progressing, please call the office for recommendations*****