

Latissimus Dorsi Tear – Protocol

0-2 weeks

- First two weeks should be relatively immobile
 - Pendulums, elbow extension, flexion; wrist flexion/extension, gripping exercises.
- Sling should be worn for first 6 weeks in patients where limitations are likely to be exceeded; could be discharged in 4 weeks in specific patient populations.

2-6 weeks

- PROM/AAROM:
 - Sidelying scapular ROM → caution with scapular depression to avoid LD activation.
 - PROM/AAROM shoulder
 - ER: will increase force but could safely perform to 30-40 degrees.
 - Flexion: 120 degrees to tolerance? – would be onset of scapular elevation, possible compensation through trunk extension?
 - Pulleys for HEP?
- Manual therapy:
 - STM → biceps, wrist flexors, pronator teres/supinator, pec/pec minor, deltoid.

6-10 weeks

- Should be able to achieve 90%-100% of PROM with <2/10 pain by week 6; full AROM in all planes by end of week 8.
- Manual therapy:
 - STM → PRN, gentle cross friction to lats/inferior scapular border in supine.
 - Can include prone thoracic CPA/UPA, mobilizations/manipulations or TL junction STM if thoracic compensations are present with AROM.
 - Begin to initiate IR at week 8-9 with manual stretching.
 - Seated IR distraction/posterior glide mobilizations, sleeper stretch for HEP.
- AROM:
 - Can initiate flexion, abduction and ER in sitting/standing; in these positions, LD isn't recruited against gravity and could use reciprocal inhibition concept since antagonists to LD are being used.
- Strengthening:
 - Initiate IR/ER isometrics at week 6.
 - Progress to S/L ER strengthening at week 8
 - AROM shoulder flexion/abduction (add light weight if AROM full/pain-free) in sitting/standing.
 - Resisted scapular motion into protraction, retraction and elevation – NO DEPRESSION.
 - Avoid TB/prone extension?
 - PNF rhythmic stabilization in sitting/standing through elevation in scaption and IR/ER with bolster under arm.
 - Bicep curls → watch for compensation through anterior shoulder translation.
 - Resisted scapular depression, tricep strengthening (kick back and standing position) and theraband extension strengthening in week 10.
 - Prone series: focus on activation of lower trap; can include extension with both IR/ER for TM/LD

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10-PRN weeks

- AROM should be pain-free and full in all planes, including combined motion of flexion/abduction/ER.
- Strengthening:
 - Lower trap functional restraining – wall slides with lift off, HOH elbow lifts.
 - Push/pull activities on BTE/LifeFitness
 - Pull downs, rows, etc.
 - Closed chain activities
 - BodyBlade for proprioceptive feedback
 - Sport specific/work specific activities