

# Sheena Black, MD

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## LATERJET PROCEDURE

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
<b>Phase I</b>  <b>Weeks 0-6</b>  PT 1-2x/week HEP daily	Protect surgical repair  No active IR or extension until 6 weeks	Limit passive ER to 45° to protect subscap repair  Forward elevation progress as tolerated	Sling at all times including sleep  Remove for hygiene & exercises	<b>0-3 weeks:</b> - Grip strengthening - Pendulum exercises  Elbow/wrist/hand ROM at home  <b>3-6 weeks:</b> - Begin cuff & deltoid isometrics - Limit passive ER to 45°  No active IR or extension until 6 weeks
<b>Phase II</b>  <b>Weeks 6-12</b>  PT 2-3x/week HEP daily		Increase as tolerated to full  Begin AA/AROM internal rotation and extension as tolerated after 6 weeks	None	<b>6-8 weeks:</b> Begin light resisted ER, forward flexion, & abduction  <b>8-12 weeks:</b> Begin resisted internal rotation, extension, and scapular retraction
<b>Phase III</b>  <b>Weeks 12-24</b>  PT 2-3x/week HEP daily		Progress to full motion without discomfort	None	Advance strengthening as tolerated  Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres strengthening  Maximize subscapular stabilization

**IF QUESTIONS: PLEASE CALL 469-800-7200**