



Laterjet Procedure

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
Phase I Weeks 0-6 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	0-3 weeks: - Grip strengthening - Pendulum exercises Elbow/wrist/hand ROM at home 3-6 weeks: - Begin cuff & deltoid isometrics - Limit passive ER to 45° No active IR or extension until 6 weeks
Phase II Weeks 6-12 PT 2-3x/week HEP daily		Increase as tolerated to full Begin AA/AROM internal rotation and extension as tolerated after 6 weeks	None	6-8 weeks: Begin light resisted ER, forward flexion, & abduction 8-12 weeks: Begin resisted internal rotation, extension, and scapular retraction
Phase III Weeks 12-24 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