**LATERJET PROCEDURE**

**REHABILITATION PROTOCOL**

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|  | **RANGE OF MOTION**  | **IMMOBILIZER**  | **EXERCISES**  |
| **PHASE I** 0-6 weeks | Limit ER to passive 45° to protect subscap repair FE progress as tolerated  | **0-2 weeks**: Worn at all times (day and night) Off for gentle exercise only **2-6 weeks**: Worn daytime only  | **0-3 weeks**: Grip strengthening, pendulum exercises Elbow/wrist/hand ROM at home **3-6 weeks**: Begin cuff, deltoid isometrics; limit ER to passive 45° No active IR nor extension until 6 weeks  |
| **PHASE II** 6-12 weeks | Increase as tolerated to full Begin active assisted/active internal rotation and extension as tolerated after 6 weeks  | None  | **6-8 weeks**: Begin light resisted ER, forward flexion and abduction **8-12 weeks**: Begin resisted internal rotation, extension and scapular retraction  |
| **PHASE III** 12-24 weeks | 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 Maximize subscapular stabilization  |