

Bonnie P. Gregory, MD
LATERJET PROCEDURE
REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
<i>PHASE I</i> <i>0-6 weeks</i>	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
<i>PHASE II</i> <i>6-12 weeks</i>	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
<i>PHASE III</i> <i>12-24 weeks</i>	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

For any questions or concerns regarding the protocol or rehabilitation process please contact:

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