



Post-Operative Rehabilitation for Laterjet Procedure

Phase I: Weeks 0-6

- Sling
 - 0-2 Weeks: Worn at all times, including sleep. May remove for showering and exercise.
 - 2-6 Weeks: Worn during the day.
- ROM
 - **LIMIT** ER to passive 45° to protect subscapularis repair
 - Flexion to tolerance
 - **NO** active extension or IR until 6 weeks
- Exercises:
 - 0-3 Weeks: Pendulum exercises. Grip strength, elbow/wrist/hand ROM
 - 3-6 Weeks: Begin rotator cuff/deltoid isometrics. (LIMIT ER to passive 45°)

Phase II: Weeks 6-12

- Sling: Discontinue at 6 weeks
- ROM
 - Increase as tolerated to Full
 - May begin AROM/AAROM IR and extension as tolerated at 6 weeks
- Exercises:
 - 6-8 Weeks: Begin light resisted ER, forward flexion and abduction
 - 8-12 Weeks: begin resisted IR, extension and scapular retraction
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Phase III: Weeks 12-24

- ROM
 - Progress to Full and Pain free
- Exercises:
 - Advance strength as tolerated
 - Closed chain scapular rehab and functional rotator cuff strengthening → focus on anterior deltoid and teres
 - Maximize subscapular stabilization.