

LATERJET PROTOCOL-SHOULDER

LEVENE 2/2015

0- 6 WEEKS: Shoulder to be immobilized in sling full time except rehab, and home exercise program

Stick assisted external rotation to 30° for first month

Passive pendulums, scap stabilization

Active elbow wrist and hand range of motion

6- 10 Weeks: Discontinue sling at 6 weeks post op

Gentle active-assisted range of motion to full all planes

External rotation: go slow! 45 °by 8 weeks postop, near full by 12 weeks post op

Isometric Rotator cuff strengthening, scap stabilization

10-12 weeks: End range stretch for forward elevation, internal rotation, external rotation

Begin strengthening with therabands, progress to light weights by 4 months post op

4-6 Months Progressive strengthening

UNRESTRICTED ACTIVITY ANTICIPATED AT 6-12 MONTHS POST OP, OR WHEN ADEQUATE CONSOLIDATION OF THE BONE IS DEMONSTRATED RADIOGRAPHICALLY

AVOID APPREHENSION POSITION FOR 4 MONTHS POSTOP