



REHABILITATION GUIDELINES LATERJET

0-6 WEEKS POST-OP

DOS:

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 POST-OP

DATE:

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 phase 3: begin after 1 mo post-op

10-12 WEEKS POST-OP

DATE:

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 POST-OP

DATE:

Progressive strengthening

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

AVOID APPREHENSION POSITION