LATERJET PROCEDURE REHABILITATION PROTOCOL

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