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### Physical Therapy Prescription-Laterjet Reconstruction

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: R / L Laterjet Reconstruction DOS: \_\_\_\_\_

#### Weeks 0-6 Protective Phase

**Sling with pillow:** Wear at all times except for hygiene

**Range of Motion:** Elbow and grip as tolerated until 1<sup>st</sup> post-op

- Weeks 2-4: Goal FF 90, ER 30, IR to 45 in 30 ABD
- Weeks 4-6: Goal FF 140 limit ER to 45

**Exercises:** Grip strengthening, gravity assisted elbow extension

- Weeks 2-4: elbow, grip as tol. Isometric scapular exercises. **NO pendulums**
- Weeks 4-6: gentle joint mobilizations. Limit ER to 45.
- **Avoid** IR, humeral extension. **No** canes or pulleys

**Modalities:** frequent icing to minimize inflammation and pain

#### Weeks 6-12 PT Phase II

**Sling:** discontinue

**Range of Motion:** PROM as tolerated, begin AROM

**Exercises:**

- Week 6-8. Begin isometric strengthening of all muscles
- Week 8-12. Begin light resisted strengthening of all muscles **below horizontal plane**. Emphasis on posterior cuff, latissimus, scapula.
- Begin active IR and humeral extension.
- Week 10-12. ER with arm in 45 ABD.

**Modalities:** per therapist

#### Weeks 12-24 PT Phase III

**Range of Motion:** Progress to full without discomfort

**Exercises:** Add closed chain scapular exercises, functional rotator cuff strength

- Week 16: Add therabands, progress to weights as tolerated
- Restore scapulohumeral rhythm

**Return to sport at 20-24 weeks with surgeon approval**