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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 1st 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: Pendulums, 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