

Patient: _____ Date of Surgery: _____

Procedure: Right/Left Laterjet or Arthroscopic Anterior Glenoid Augmentation

OK TO INITIATE THERAPY FOR ELBOW/WRIST ROM BUT HOLD SHOULDER MOTION 4-6 WEEKS IF ALL ARTHROSCOPIC RECONSTRUCTION PERFORMED

First week: Sling at all times except for hygiene and pendulums if instructed. Home exercises of elbow and wrist ROM, grip strengthening and small pendulums.

Phase I (0-6 wks): *Begin formal PT (1-2x per week)*

Weight bearing: NWB, ok for typing if in sling

Brace: Sling at all times. Pillow is optional for sling.

Ice: Not directly on skin, recommend as much as possible. 5x/day, 20 min/session for first 2 weeks. Then after activity at minimum.

ROM: No shoulder extension, abduction, IR, ER past 20° in neutral or ER with abduction. Stop flexion at first end feel or 90° until 4 weeks. At 6 weeks can start flexion to 135°, IR to 50°, ER in scapular plane.

Exercises: Progress PROM to AAROM to AROM as tolerated in above limits. Cuff, periscapular and deltoid isometrics in sling only.

Phase II (6-12 wks): *Discontinue immobilization (1x per week)*

Weight bearing: < 5 lbs operative arm

Brace: Discontinue sling after 6 weeks.

ROM: Advance PROM to FE to 155°, IR at 90 to 60°, ER in 90° abduction to 75°. Weeks 10-12 advance to full ROM.

Exercises: At 8-10 weeks advance as tolerated to bands and to light weights (1-5 lbs) with 8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers. No more than 3x / week to avoid cuff tendinitis. Begin to eccentrically resisted motions.

Phase III (12 wks-18 wks): *Progress with strength*

Weight bearing: Advance to tolerance.

ROM: No restriction. If lacking, continue gentle passive stretching at end ranges.

Exercises: Begin eccentrically resisted motions, plyometrics (weight ball toss), proprioception (body blade) and closed chain strengthening. Transition to job related and sport specific strengthening. Advance to light gym related strengthening with guidance from therapist.

Phase IV (18 wks to 5 mo): *Sport specific training*

Weight bearing: Full

Throwing: 4.5 months light tossing, pitching from mound by ~6 months.

Contact Sports: MD clearance, typically at 5 months.

Work: Overhead heavy lifting can begin to tolerance at ~4 months. Heavy labor may take 4-6 months.

Exercises: Continue self-directed exercises.

Frequency: _____ x/week x _____ weeks

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

_____ Date: _____

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