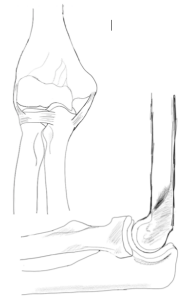


# MATTHEW J. DUBIEL M.D. SHOULDER AND ELBOW SURGERY



## LATARJET TRANSFER

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I  0-6 WEEKS	LIMIT ER TO PASSIVE 45° TO PROTECT SUBSCAP REPAIR  FE PROGRESS AS TOLERATED	0-2 WEEKS: IMMOBILIZED AT ALL TIMES DAY AND NIGHT  OFF FOR HYGIENE AND GENTLE EXERCISE ONLY  2-6 WEEKS: WORN DAYTIME ONLY	0-3 WEEKS: GRIP STRENGTHENING, PENDULUM EXERCISES  ELBOW/WRIST/HAND ROM AT HOME 3-6 WEEKS: BEGIN CUFF, DELTOID  ISOMETRICS; LIMIT ER TO PASSIVE 45°  NO ACTIVE IR NOR EXTENSION UNTIL 6 WEEKS
PHASE II  6-12 WEEKS	INCREASE AS TOLERATED TO FULL  BEGIN ACTIVE ASSISTED/ACTIVE INTERNAL ROTATION AND EXTENSION AS TOLERATED AFTER 6 WEEKS	NONE	6-8 WEEKS: BEGIN LIGHT RESISTED ER, FORWARD FLEXION AND ABDUCTION  8-12 WEEKS: BEGIN RESISTED INTERNAL ROTATION, EXTENSION AND SCAPULAR RETRACTION
PHASE III  12-16 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