

LATERJET

	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: Worn at all times (day and night) Off for 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 12-24 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