

# PHYSICAL THERAPY PRESCRIPTION



**UC Irvine Health**

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PATIENT STICKER

## LATERJET STABILIZATION PROTOCOL

**Surgical Date:** \_\_\_\_\_

**Side:**  Right  Left

**Diagnosis:** Laterjet Stabilization

Postop	Goals	Precautions	Exercises
<b>Weeks 0-2</b> HEP daily	Edema and pain control Protect surgical repair Sling immobilization	Sling at all times including sleep Remove to shower (arm at side) ER to 20°	Elbow, wrist, hand ROM Gripping exercises Codman/Pendulum
<b>Weeks 2-6</b> HEP daily	Protect surgical repair FF 160°, ER 45°	Sling except shower & exercises DC sling at 4 weeks No ER >40° No backward extension	A/AAROM FF and ER Scapular stabilization Submaximal biceps, triceps, deltoid, and rotator cuff isometrics Gentle gradual ER: 0° abduction → max 40° 90° abduction → max 50° Light resisted ER/FF at 6 weeks Posture training
<b>Weeks 6-12</b> HEP daily	Full ROM Scapulohumeral rhythm Restore strength 5/5	No sling Avoid painful ADL's Avoid rotator cuff inflammation OK to cycle/run at 10 weeks	A/AAROM no limits Rotator cuff/periscapular stabilization Humeral head rhythmic stabilization Resistive exercise for scapula, biceps, triceps, and rotator cuff below horizontal plane Begin upper body ergometer (UBE)
<b>Weeks 12-18</b> HEP daily	Full ROM and strength Improve endurance Prevent re-injury	No sling Avoid painful activities No contact/racket/throwing sports	Advance UE strengthening as tolerated Initiate plyometrics Sport specific activities Contact sports at 4-5 months
<b>Weeks 18+</b> HEP daily	Return to play	No restrictions Return to sport (MD directed)	Maintain ROM, strength, and endurance

**Frequency & Duration:**  1-2       2-3 x/week for \_\_\_\_\_ weeks      \_\_\_\_\_ Home Program

**Physician's Signature:** \_\_\_\_\_ **M.D.**