



BADMAN LATERJET PROTOCOL

Phase I (Weeks 0-4)- Protection

- Sling immobilization with supporting abduction pillow to be worn at all times except for showering and rehab under guidance of PT
- Range of Motion- True Passive Range of Motion Only to Patient Tolerance
 - Goals: 140 degrees Forward Flexion, 30 degrees External Rotation with elbow at side, 60-80 degrees abduction without rotation, Limit Internal Rotation to 45 degrees with the shoulder in the 30 degree abducted position
 - Maintain elbow at or anterior to mid-axillary line when patient is supine
 - No active motion of operative shoulder
 - Patient Education on no active motion at this point to allow bone healing
- Therapeutic Exercise- No canes or pulleys during this phase
 - Codman Exercises/Pendulums
 - Elbow/Wrist/Hand Range of Motion and Grip Strengthening
 - Isometric Scapular Stabilization
- Heat/Ice before and after PT sessions

Phase II (Weeks 4-8) Range of Motion

- Discontinue sling immobilization at post-op week 6
- Range of Motion- PROM weeks 4-6, Advance to AAROM at week 6 (given achieved PROM with good mechanics)
 - 4-6 weeks: Goals: Full Forward Flexion, 45 degrees External Rotation with elbow at side, Full Abduction without rotation, Internal Rotation with 45 degrees with the shoulder in the 30 degrees abducted position
 - 6-8 weeks: Begin AAROM to AROM as tolerated
 - Goals: Full Forward Flexion, External Rotation with elbow at side to tolerance, Full Abduction without rotation, Limit Internal Rotation to tolerance with the shoulder in the 30 degree abducted position
- Therapeutic Exercise
 - 4-6 weeks: Being gentle AAROM exercises (supine position), gentle joint mobilizations (grades I and II), continue with Phase I exercises
 - Posterior capsular stretching/sleeper stretch, cross body adduction stretch, scapular stabilizers



- 6-8 weeks: Progress to active exercises with resistance, shoulder flexion with trunk flexed to 45 degrees in upright position, begin deltoid and biceps strengthening
 - Rhythmic stabilization drills: ER/IR in the scapular plane, Flexion/Extension, Abduction/Adduction

Phase III (Weeks 8-16)- Strengthening

- Range of Motion- Progress to full AROM without discomfort
- Therapeutic Exercise-normalize strength, endurance and neuromuscular control-avoid oversteering the anterior capsule
 - Continue with scapular strengthening
 - Progress rotator cuff strengthening (light resistance), biceps curls/pectoralis strengthening
 - Begin Internal/External Rotation Isometrics
 - Stretch posterior capsule when arm is warmed-up

Phase IV (Months 4-6) Return to Activities

- Range of Motion- Full without discomfort
- Therapeutic Exercise- Advance strengthening as tolerated: isometrics-therabands-light weights (1-5 lbs.)
 - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
 - Return to sports at 6 months if approved
- Modalities per PT discretion