



1702 W FAIRVIEW AVE. • BOISE, ID 83702
(208) 957-7400 • FAX (877) 287-3117
gustavelorthopedics.com

Bristow/ Laterjet Repair – Rehabilitation Guidelines

Precautions:

- Smooth controlled movements
- Don't push external rotation
- Full time sling for 4 weeks
- No resisted biceps or forward shoulder flexion for 6 weeks

2-4 weeks

1. Passive ROM, AAROM, AROM ok
2. Limit external rotation to neutral
3. Ok to start scapular and shoulder isometrics within pain limits

4 Weeks

1. Start light PRE's for rotator cuff and scapular stabilizers
2. Progress as tolerated as long as movements are smooth and controlled

6 weeks

1. OK to start resisted biceps and shoulder flexion (progress slowly)
2. Continue to progress PRE's
3. Begin stretching if ER is <60 degrees

8 Weeks

1. Full intensity PRE's
2. Expect >80 degrees external rotation
3. May never regain full external rotation