

Dr. Curtis Noel's Protocol for:

**ANTERIOR
STABILIZATION/LATARJET**



Sling Use:

Sling for 8 weeks

Phase I: (Passive)		<ul style="list-style-type: none"> • Pendulums to warm-up • Passive Range of Motion
	Week 1&2	<ul style="list-style-type: none"> • Supine External Rotation – 0 °degrees • Supine Forward Elevation - 90 ° degrees • Internal Rotation to belt line
	Week 3&4	<ul style="list-style-type: none"> • Supine External Rotation – 30 ° degrees • Supine Forward Elevation – Full • Internal Rotation to belt line
Phase II: (Active/Assistive)	Week 4&5	<ul style="list-style-type: none"> • Pendulums to warm-up • Active Assistive Range of Motion with Passive Stretch to prescribed limits • Supine-Seated External Rotation – gradually increase to full by 12wks. No terminal stretching with ER. • Supine-Seated Forward Elevation • Internal Rotation - Full
Phase III: (Resisted)	Week 6&7	<ul style="list-style-type: none"> • Pendulums to warm up and continue with phase 2. • External and Internal Rotation • Standing forward punch • Seated rows • Bicep Curls • PRE's for periscapular strengthening • Deltoid Strengthening
Weight Training:	Week 8	<ul style="list-style-type: none"> • Avoid anterior capsular stress • Keep hands within eyesight, Keep elbows bent. • Minimize overhead activities (No Military press, pulldown behind head, or wide grip bench)
Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	8 weeks	Golf (chip and putt ONLY)
	12 weeks	Tennis (NO overhead)
	4 months	Contact Sports
	6 months	Throwing