

Laterjet Protocol

- A. 0-3 weeks post-op
 - 1. Abduction sling
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. PROM phase with following ROM restrictions
 - ER 30°

- B. 3-6 weeks post-op
 - 1. Abduction sling
 - 2. Cryotherapy and modalities as indicated
 - 3. AAROM phase,
 - ER gentle/to tolerance as functionally needed

- C. 6 weeks post-op
 - 1. Wean from sling
 - 2. Cryotherapy and modalities as indicated
 - 3. AROM phase
 - 4. Exercise: Light but progressive strength work following anterior instability precautions

- D. 8 weeks post-op
 - 1. Continue ROM work as needed
 - 2. Progressive, comprehensive UE strength and stabilization program following anterior instability precautions

- E. 5 months post-op
 - 1. Start sport specific activities and interval programs
 - 2. Physician cleared