

Post-operative Rehabilitation Protocol

Shoulder Anterior Glenoid Bone Grafting

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| General Guidelines | <ul style="list-style-type: none"> - Supervised physical therapy typically takes place for 5-6 months after surgery - You will be wearing sling full time for minimum 6 weeks - Avoid jogging or running until 10-12 weeks after surgery - Contact therapist or physician for questions or concerns | | |
| | Range of Motion | Immobilizer | Exercises |
| Protection Phase 1 <i>Weeks 0 - 6</i> | PROM only for 6 wks Wks 0-4: Goals FF 140°, ER 25° in 30° ABD, ABD 60-80°. Limit ER to 45° in 30° ABD. Wks 4-6: increase PROM to tolerance. | Sling w/ abduction pillow at all times, except for hygiene | <u>Ice</u> : 20 minutes on, 20 minutes off every hour <u>Exercises</u> : Pendulums, grip strengthening, isometric scapular stabilization. No active IR or extension |
| Therapy Phase 2 <i>Weeks 6 - 12</i> | Increase PROM as tolerated Begin AAROM and AROM | D/C sling as comfortable around house. Sling out of house or in crowd | <u>Exercises</u> : Begin light cuff/deltoid/biceps isometrics. Wks 8-12: Begin light resisted ER, FF, ABD, and IR exercises |
| Therapy Phase 3 <i>Weeks 12 - 24</i> | Full, Painless ROM | None | <u>Exercises</u> : Progress Phase 2 exercises. Add closed chain scapular rehabilitation and functional rotator cuff strengthening. At 16 wks, add resistance with elastic bands or hand weights (1-5 lbs) 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers. Only do strengthening 3x/wk to avoid tendonitis |
| Therapy Phase 4 <i>Weeks 24+ Return to Sport</i> | Full, painless ROM | None | <u>Exercises</u> : Progress functional activities toward return to sport. Isokinetic testing Functional assessment → Return to sport |