

## Post-operative Rehabilitation Protocol

### Shoulder Anterior Glenoid Bone Grafting

<b>General Guidelines</b>	<ul style="list-style-type: none"> <li>- Supervised physical therapy typically takes place for 5-6 months after surgery</li> <li>- You will be wearing sling full time for minimum 6 weeks</li> <li>- Avoid jogging or running until 10-12 weeks after surgery</li> <li>- Contact therapist or physician for questions or concerns</li> </ul>		
	<b>Range of Motion</b>	<b>Immobilizer</b>	<b>Exercises</b>
<b>Protection Phase 1</b> <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
<b>Therapy Phase 2</b> <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
<b>Therapy Phase 3</b> <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
<b>Therapy Phase 4</b> <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