



# Anterior Glenoid Reconstruction Rehabilitation Protocol

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Stephanie A. Boden, MD

**PT Frequency:** 2-3 times per week

**ROM Restrictions:** PROM only for 6 weeks

**Brace:** Abduction sling for 6 weeks, taken off only for exercises and hygiene

## Phase I: Weeks 0-6 (Maximal Protection Phase)

- Sling at all times except during home exercise program and hygiene
- **Range of motion:** PROM only for the first 6 weeks, to patient tolerance
  - Weeks 0-4: Goals of FF 140°, ER 25° in 30° of ABD, ABD 60-80°; limit IR to 45° in 30° of ABD
  - Weeks 4-6: increase PROM to tolerance, increase ER to 45° in 30° of ABD
- **Exercises:**
  - Weeks 0-4: pendulums, grip strengthening, isometric scapular stabilization; elbow/wrist/hand ROM
  - Weeks 4-6: begin gentle joint mobilizations; limit ER to passive 45°
  - No active IR or extension; no canes or pulleys
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

## Phase II: Weeks 6-12 (Moderate Protection Phase)

- Discontinue sling use (unless in crowd or slippery environment)
- **Range of Motion:** Increase PROM as tolerated; begin AAROM/AROM
  - PROM → AAROM → AROM as tolerated
    - Begin with gravity eliminated motion (supine) and progress
    - Do not force ROM with substitution patterns
- **Exercises:**
  - Weeks 6-8: begin light cuff/deltoid/biceps isometrics
  - Weeks 8-12: begin light resisted ER, FF, ABD, and IR exercises; begin extension and scapular retraction exercises
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

## Phase III: Months 3-6 (Minimal Protection Phase)

- **Range of Motion:** Full painless ROM
- **Exercises:** Continue Phase II, advance as tolerated, include closed chain scapular rehabilitation and functional rotator cuff strengthening; focus on anterior deltoid and teres
  - **Month 4:** advance strengthening as tolerated from isometrics to therabands to light weights; emphasize low-weight, high rep exercises
- Consider return to sport at 20-24 weeks pending Dr. Boden's approval



Exercise	Week													
	1	2	3	4	5	6	7	8	9	10	12	16	20	24
<b>Initial Exercises:</b>														
Active ROM: Elbow, Wrist, & Hand														
Pendulums														
Supine Elevation in Scapular Plane (140°)														
Scapular Stabilization														
Deltoid Isometric in Neutral														
Passive ROM														
Pulley/Cane Exercises														
Sling Discontinuation														
<b>Advanced Exercises:</b>														
Begin Active ROM														
Cuff Isometrics														
Light Stretching at End Ranges														
Upper Body Ergometer														
Eccentrically Resisted Motions/Plyometrics														
Sports Related Rehab														
<b>Cardiovascular Exercises:</b>														
Bike														
Elliptical Trainer														
Rowing														
Stair stepper														
<b>Agility Exercises:</b>														
Running Progression														
Functional Sports Test														
<b>High Level Activities:</b>														
Golf Progression														
Return to Throwing														
Return to Throwing from the Pitcher's Mound at <b>6 months</b>														
Return to Full/Collision Sport at <b>6-9 months</b> post-op														

Adapted from Dr. Jorge Chahla's post-operative protocol created by Howard Head Physical Therapy, Jill Monson, PT, OCS and Jon Schoenecker, PT, OCS, CSCS