

Anterior Glenoid Reconstruction Rehabilitation Protocol

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	
Initial Exercises:															
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					█										
Advanced Exercises:															
Begin Active ROM	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Cuff Isometrics				█											
Light Stretching at End Ranges						█									
Upper Body Ergometer						█									
Eccentrically Resisted Motions/Plyometrics											█				
Sports Related Rehab													█		
Cardiovascular Exercises:															
Bike	█														
Elliptical Trainer						█									
Rowing												█			
Stair stepper						█									
Agility Exercises:															
Running Progression											█				
Functional Sports Test												█			
High Level Activities:															
Golf Progression														█	
Return to Throwing														█	
Return to Throwing from the Pitcher's Mound at 6 months														█	
Return to Full/Collision Sport at 6-9 months 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