

## GLENOID RECONSTRUCTION REHABILITATION PROTOCOL

	<b>RANGE OF MOTION</b>	<b>IMMOBILIZER</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-6 weeks	Limit ER to passive 45° to protect subscap repair  FE progress as tolerated	<b>0-2 weeks:</b> Worn at all times (day and night)  Off for gentle exercise only  <b>2-6 weeks:</b> Worn daytime only	<b>0-3 weeks:</b> Grip strengthening, pendulum exercises  Elbow/wrist/hand ROM at home  <b>3-6 weeks:</b> Begin cuff, deltoid isometrics; limit ER to passive 45°  No active IR nor extension until 6 weeks
<b>PHASE II</b> 6-12 weeks	Increase as tolerated to full  Begin active assisted/active internal rotation and extension as tolerated after 6 weeks	None	<b>6-8 weeks:</b> Begin light resisted ER, forward flexion and abduction  <b>8-12 weeks:</b> Begin resisted internal rotation, extension and scapular retraction
<b>PHASE III</b> 12-24 weeks	Progress to full motion without discomfort	None	Advance strengthening as tolerated  Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres  Maximize subscapular stabilization