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Shoulder & Elbow Surgery

REHABILITATION PROTOCOL GLENOID ORIF (Anterior Approach)

Phase I: Protect Repair (0 to 6 weeks after surgery)

- Patients may shower immediately over clear plastic, waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Ice encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be in place when not performing exercises.
- Initiate exercise program 3 times per day:
Immediate elbow, forearm and hand range of motion out of sling

Phase II: Progress ROM & Protect Repair (6 to 12 weeks after surgery)

- May discontinue sling.
- Lifting restriction of 5 pounds with the involved extremity.
- Advance active and passive ROM:
ER at the side and flexion to tolerance
Scapular plane elevation to 130
IR and extension to tolerance
- Initiate gentle rotator cuff (Phase 1) strengthening, EXCEPT IR (Subscapularis).
- Continue scapular stabilizer strengthening.
- Avoid combined abduction and ER ROM, active or passive.
- Avoid active or resistive IR.

Phase III: Full Function (greater than 3 months after surgery)

- Begin combined abduction and ER ROM and capsular mobility.
- Discontinue lifting restrictions.
- Begin subscapularis strengthening.
- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 4 months.