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Shoulder, Elbow and Sports Medicine

Anterior Glenoid Reconstruction

Postoperative Rehabilitation Protocol

Post-op weeks 1-6

Sling x 1-2 weeks

Start physical therapy at 1 week postop

Unrestricted range of motion

Goals

Pain control

Regain range of motion by 6 weeks

Weeks 7-12

Continue appropriate previous exercises.

Strengthening if full AROM achieved

Goals

Near full AAROM

30 wall push-ups

Weeks 13-16

Return to sports

No contact sports until 3 months post-op.

Don't return to sports until your strength and flexibility have returned.