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## Arthroscopic or Open Glenoid ORIF REHABILITATION PROTOCOL

|                                 | <b>RANGE OF MOTION</b>   | <b>IMMOBILIZER</b>   | <b>EXERCISES</b>  |
|---------------------------------|--|--|---|
| <b>PHASE I</b><br>0-6 weeks     | Limit ER to passive 45° to protect subscap repair<br>***only if open procedure performed<br><br>FE progress as tolerated     | <b>0-2 weeks:</b> Worn at all times (day and night)<br><br>Off for gentle exercise only<br><br><b>2-6 weeks:</b> Worn daytime only | <b>0-3 weeks:</b> Grip strengthening, pendulum exercises<br><br>Elbow/wrist/hand ROM at home<br><br><b>4-6 weeks:</b> Begin cuff, deltoid isometrics; limit ER to passive 45°<br><br>No active IR nor extension until 6 weeks |
| <b>PHASE II</b><br>6-12 weeks   | Increase as tolerated to full<br><br>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<br><br><b>8-12 weeks:</b> Begin resisted internal rotation, extension and scapular retraction  |
| <b>PHASE III</b><br>12-24 weeks | Progress to full motion without discomfort   | None   | Advance strengthening as tolerated<br><br>Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres<br><br>Maximize subscapular stabilization                                |