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**Posterior Dislocation (Modified McLaughlin Procedure / Subscap Transfer)  
 REHABILITATION PROTOCOL**

	<b>RANGE OF MOTION</b>	<b>Gun-Slinger (30 Deg Ex)</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-8 weeks	Limit IR to 10 degrees	<p><b>0-5 weeks:</b> Worn at all times (day and night)</p> <p><b>5-6 weeks:</b> Sling at all times except for pendulums and physical therapy</p>	<p><b>0-4 weeks:</b> Grip strengthening, Elbow/wrist/hand ROM at home</p> <p><b>4-6 weeks:</b> Gentle pendulum exercise, No active IR nor extension until 6 weeks</p>
<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	<b>6-8 weeks:</b> Sling during the day except physical therapy	<p><b>6-8 weeks:</b> Begin light resisted IR, forward flexion and abduction</p> <p><b>8-12 weeks:</b> Begin resisted external rotation, extension and scapular retraction</p>
<b>PHASE III</b> 12-24 weeks	Progress to full motion without discomfort	None	<p>Advance strengthening as tolerated</p> <p>Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres</p> <p>Maximize subscapular stabilization</p>