



# Department of Orthopaedic Surgery Sports Medicine and Shoulder Service

# Shoulder Coracoid Transfer / Glenoid Bone Grafting For Glenohumeral Anterior Instability With Bone Loss Rehab Protocol Prescription

Patient Name:	Date:
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Diagnosis: Glenohumeral instability with bone loss Frequency: 2-3 visits/week Duration: 4 months

## Post-operative Period

#### 0 to 1 month:

- 1. 2 to 3 visits per week, everyday home program with goals
- 2. Sing is to be worn at all times, including for sleep, except when doing exercises
- 3. Sing may be discontinued at 4 weeks
- 4. No active shoulder motion
- 5. Modalities as needed
- Active and passive range of motion of the neck, elbow, wrist and hand should be performed 3 to 5 times/day everyday
- 7. Wrist 6-way exercises

8.

times a day

- 9. Gentle passive elevation in the scapular plane to 90 degrees in neutral rotation and external rotation (arm at side) to 30 degrees (no pulleys!)
- 10. Submaximal scapular isometric exercises
- 11. Submaximal and subpainful deltoid and external rotation isometrics
- 12. Avoid any active abduction, forward elevation, and external rotation during this time period
- 13. Cryotherapy should be performed several times a day (at least 5 times/day)

#### 1 to 2 months:

1. 2 to 3 visits per week, 5 times a week home program

- 2. Continue all exercises in previous phase (as described above)
- 3. Passive and active assisted range of motion can begin with limits to 140 degrees of abduction (no external rotation with arm abducted) and forward elevation, external rotation of 45 degrees with arm at the side only (no abduction while externally rotating), and extension to 40 degrees
- 4. Active scapular 4-way motion
- 5. Supported biceps/triceps active exercises (light resistance only)
- 6. Submaximal, subpainful internal rotation isometrics
- 7. Focus on establishing normal scapulohumeral kinematics
- 8. Begin isometric shoulder strengthening exercises including internal and external rotation with arm at side

### 2 to 4 months:

- 1. 2 to 3 visits per week, with a home program 5 times a week.
- 2. Continue exercises in previous phases (as descr