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GLENOID RECONSTRUCTION REHABILITATION PROTOCOL

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