

# PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

G. CLAY BAYNHAM, M.D. | MICHAEL COONEY, M.D. | MELISA ESTES, M.D. | VINCENT FOWBLE, M.D. | KENNETH GERSZBERG, M.D.  
BRIAN HILL, M.D. | JOHN HINSON, M.D. | JAMES KERPSACK, M.D. | JUSTIN KEARSE, M.D. | MICHAEL LEIGHTON, M.D. | FERNANDO MORA, M.D.  
ANDREW NOBLE, M.D. | SCOTT NORRIS, D.O. | JOHN SCHILERO, D.P.M. | ANDREW SELTZER, D.O. | GARY WEXLER, M.D.

---

## **Rehabilitation Protocol** **Glenoid ORIF (Anterior Approach)**

### **Phase I: Protect Repair** (*0 to 6 weeks after surgery*)

- Patients may shower immediately over clear plastic, waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Ice encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be in place when not performing exercises.
- Initiate exercise program 3 times per day:
  - Immediate elbow, forearm and hand range of motion out of sling

### **Phase II: Progress ROM & Protect Repair** (*6 to 12 weeks after surgery*)

- May discontinue sling.
- Lifting restriction of 5 pounds with the involved extremity.
- Advance active and passive ROM:
  - ER at the side and flexion to tolerance
  - Scapular plane elevation to 130
  - IR and extension to tolerance
- Initiate gentle rotator cuff (Phase 1) strengthening, EXCEPT IR (Subscapularis).
- Continue scapular stabilizer strengthening.
- Avoid combined abduction and ER ROM, active or passive.
- Avoid active or resistive IR.

### **Phase III: Full Function** (*greater than 3 months after surgery*)

- Begin combined abduction and ER ROM and capsular mobility.
- Discontinue lifting restrictions.
- Begin subscapularis strengthening.
- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 4 months.

---

(561) 694-7776 | [www.pboi.com](http://www.pboi.com)

4215 BURNS RD, SUITE 100, PALM BEACH GARDENS, FL 33410 | 2055 MILITARY TR, SUITE 200, JUPITER, FL 33458  
1411 FLAGLER DR, SUITE 9800, WEST PALM BEACH, FL 33401 | 7701 SOUTHERN BLVD, SUITE 100, WEST PALM BEACH, FL 33411