

**Distal Tibia Allograft Glenoid Reconstruction for Anterior Shoulder Instability
Postoperative Rehabilitation Protocol**

Dr. Jeffrey Witty, M.D.

	Weightbearing	Sling	ROM	Exercise
Phase I Week 0 - 2	NWB	Pillow sling at all times except therapy and showers	Shoulder: No motion AAROM elbow, wrist, hand	None
Phase II Week 2 - 4	NWB	Pillow sling at all times except therapy and showers	Continue ROM elbow, wrist, hand Shoulder: Begin PROM: elevation in the scapular plane to 90 ER to neutral only	Shoulder shrugs Scapular retraction
Phase III Week 4 - 6	5 lbs restriction	Pillow sling at all times except therapy and showers	Elbow, wrist, hand as tolerated Shoulder: Progress elevation in scapular plane as tolerated. <u>No combined elevation and external rotation</u> Progress external rotation – <u>elbow MUST be at side. No forceful stretching.</u>	As above Normalize posture
Phase IV Week 6 - 8	WBAT	Wean out of sling	Progress PROM/AAROM/AROM in all planes as tolerated.	Begin isometrics and light band work
Phase V Week 8 - 12	WBAT	No sling	As tolerated	Progress light, controlled strengthening as tolerated
Phase VI Week 12 - 24	WBAT	No sling	As tolerated	Progress into more work, activity and sport specific training No contact sports till month 6 and confirmed graft healing by CT

Other Notes:

- Return to play can range from 4 – 9 months or longer after surgery depending on literature

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- Return to contact sports may require confirmation of graft healing by CT.
- No contact sports until month 6

Modalities:

- Ice for swelling, pain

Rehab adapted from:

Arthroscopic Anatomic Glenoid Reconstruction with Distal Tibia Allograft and Hybrid Fixation. Wong et al. Arthrosc Tech 2022

Arthroscopic Anterior Glenoid Reconstruction Using a Distal Tibial Allograft Positioned with an Intra-articular Guide and Secured with Double Button Fixation. Wong et al. Arthrosc Tech 2022

Arthroscopic Anatomic Glenoid Repair Using Distal Tibial Allograft and an Inferior to Superior Capsular Shift. Wong et al. Arthrosc Tech 2021

Anatomic Osteochondral Glenoid Reconstruction for Recurrent Glenohumeral Instability with Glenoid Deficiency Using a Distal Tibial Allograft. Romeo et al Arthroscopy 2009

Outcomes of Latarjet Versus Distal Tibia Allograft for Anterior Shoulder Instability Repair – A Matched Cohort Analysis. Provencher et al. American Journal of Sports Medicine 2018