

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

	RANGE OF MOTION	Gun-Slinger (30 Deg Ex)	EXERCISES
PHASE I 0-8 weeks	Limit IR to 10 degrees	0-5 weeks: Worn at all times (day and night) 5-6 weeks: Sling at all times except for pendulums and physical therapy	0-4 weeks: Grip strengthening, Elbow/wrist/hand ROM at home 4-6 weeks: Gentle pendulum exercise, 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	6-8 weeks: Sling during the day except physical therapy	6-8 weeks: Begin light resisted IR, forward flexion and abduction 8-12 weeks: Begin resisted external 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