

**MODIFIED BRISTOW PROTOCOL
CARSON**

(Coracoid process with its attached muscles transfer through the subscapularis tendon to anterior aspect of the scapular neck for recurrent anterior instability)

IMMEDIATELY POST OP, DOS: _____

- Released in an immobilizer or sling
- Codman's exercises without weight
- Hand and wrist ROM exercises
- Elbow AROM-no resistance to biceps/coracobrachialis for 4 weeks

1 WEEK POST OP, Begin Date: _____

- Removed from immobilizer and place patient into a sling for comfort (sling can be removed as pt's comfort permits, no lifting with the arm until after 4)
- Begin PROM tolerance all planes
- Begin external and internal rotation PROM with gleno-humeral joint in neutral.
- Gradually progress into scaption with ER and IR stretching at 2-3 weeks post op.
- Avoid ABDUCTION with ER at 90 degrees until 4 weeks.
- Stitches removed at 7-10 days post op

2 WEEKS POST OP, Begin Date: _____

- May begin AAROM with pulleys or cane
- Limit elbow extension with glenohumeral extension to avoid anterior displacement of the humeral head until 3-4 weeks post op or upon patient tolerance.
- May begin scapular mobilization exercises
- Initiate scapular stabilization exercises upon patient comfort

4 WEEKS, Begin Date: _____

- Continue with PROM to tolerance (all planes)
- Progress stretching ER at 90 degrees of abduction
- Begin AROM to tolerance (all planes)
- Begin light resisted biceps/triceps
- Begin glenohumeral and scapular theraband exercises as edema/pain allows

WEEK 6, Begin Date: _____

- Begin weight training, if full PROM

8-9 WEEKS POST OP, Begin Date: _____

- Begin light throwing program if full ROM and strength permits and sport requires

10-12 WEEKS POST OP, Begin Date: _____

- Return to full activity
- Full sport with MD release

Updated: 5/5/16