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