



Yuri Lewicky MD

1840 N. Jasper Dr.

Flagstaff, Az 86001

Phone (928) 226-2900 Fax (928) 774-7767

Arthroscopic Distal Tibial Allograft (DTA) Bone Augmentation with Cerclage Fixation for Anterior Shoulder Instability with Critical Bone Loss (Glenoid Reconstruction) Protocol:

The patient underwent a Glenoid Reconstruction with fresh allograft for anterior shoulder instability with critical bone loss. The sling will be utilized for 6 weeks. Initiation of gentle passive pendulum exercises is begun on postop day #1. Formal physical therapy can be initiated at the 14-day postop period. Progressive passive range of motion will be initiated at 3 weeks. The sling will be discontinued at 6 weeks. If full range of motion is restored at 8 weeks, then active range of motion can be initiated. Strengthening is begun at 16 weeks. Contact sports or heavy labor are generally allowed when the graft appears radiographically healed to the glenoid which is usually 6 months postoperatively.