

BRISTOW PROCEDURE PROTOCOL

PRE-OPERATIVE INSTRUCTIONS

1. Use of sling for POD 1-2 for comfort and travel, slowly wean out of it
2. Ice applications for 20 minutes of each hour as needed to decrease pain/inflammation
3. Instruction of ROM exercises, pendulum, circumduction, rope & pulley and T-bar

PHASE I: IMMEDIATE POST-OP PHASE (DAY 1-5)

1. ROM exercises
 - a. Wrist flexion/extension
 - b. Elbow flexion/extension
 - c. Putty exercises for hand gripping
 - d. Initiate shoulder ROM
 - Circumduction
 - Pendulum
 - Rope & pulley
 - Flexion/extension
 - Abduction adduction
 - T-bar
 - Flexion
 - Abduction
 - IR
 - ER

**all exercises performed to tolerance*

2. Strengthening exercises
 - a. Isometrics
 - Flexion

- Extension
- Abduction
- IR
- ER

PHASE II: MOTION PHASE (WEEK 2-6)

GOALS:

- Increase ROM
- Improve strength/endurance
- Decrease pain/inflammation

WEEK TWO

- a. ROM exercises
 1. T-bar exercises
 - ER at 45° abduction to tolerance
 - IR at 45° abduction to full ROM
 - Shoulder flexion/extension
 - Shoulder abduction/adduction
 2. Pendulum exercises
 3. Rope & pulley
- b. Initiate joint mobilization
- c. Strengthening exercises
 1. Isometrics IR/ER, abduction
 2. Initiate isotonic for elbow: flexion/extension
 3. Initiate isotonic for shoulder: abduction/flexion
 4. Initiate isotonic for scapulothoracic musculature

WEEK FOUR

- a. ROM exercises
 1. Progress to tolerance on all exercises
 - External rotation at 90° abduction

- Internal rotation at 90° abduction to full ROM

**continue all other ROM exercises*

b. Strengthening exercises

1. Multi-angle isometrics 0° to 45° abduction, flexion, IR, ER
2. Initiate shoulder isotonic exercises for shoulder musculature

- Side lying ER
- Side lying IR
- Abduction
- Flexion

c. Joint mobilization

PHASE III: INTERMEDIATE PHASE (WEEK 6-10)

GOALS:

- Regain and improve muscular strength
 - Normalize arthrokinematics
 - Improve neuromuscular control of shoulder complex
 - Normalize ROM
1. Continue isotonic strengthening
 - Flexion
 - Abduction
 - IR
 - ER
 - Supraspinatus
 - Extension
 - Shoulder shrugs
 2. Initiate surgical tubing exercises at 0° abduction
 - IR
 - ER

3. Normalize arthrokinematics of shoulder complex
 - Continue joint mobilization
 - Improve neuromuscular control of shoulder complex
 - Initiation of proprioceptive neuromuscular facilitation (PNF)

PHASE IV: ADVANCED STRENGTHENING PHASE

CRITERIA TO PROGRESS TO PHASE IV:

1. Full, non-painful ROM
2. No palpable tenderness
3. Continued progression of resistive exercises

GOALS:

- Improve strength/power/endurance
 - Improve neuromuscular control
 - Prepare patient/athlete for activity
1. Continue isotonic strengthening (PRE's)
 2. Continue surgical tubing exercises
 3. Emphasize (PNF) D2 flexion
 4. Initiate isokinetics

PHASE V: RETURN TO ACTIVITY PHASE

CRITERIA FOR ADVANCEMENT TO PHASE V:

1. Full ROM
2. No pain or palpable tenderness
3. Satisfactory clinical exam
4. Satisfactory isokinetic test

GOALS

- Progressively return patient/athlete to prior full function level
- Maintain optimal strength/endurance level



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FOLLOW-UP

- Isokinetic test
- Monitor exercise maintenance program
- Continue isotonic exercise for shoulder:
- ER
- IR
- Abduction
- Flexion
- Horizontal adduction
- Biceps
- Triceps