

Rehabilitation Protocol: Arthroscopic Anterior Shoulder Stabilization (Bankart Repair)

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 0-6)

- Sling immobilization at all times except for showering
- Therapeutic Exercise
 - Elbow/Wrist/Hand Range of Motion
 - Grip Strengthening

Phase II (Weeks 7-12)

- Discontinue sling immobilization
- Range of Motion - Slowly Increase Forward Flexion, Internal/External Rotation as tolerated
- Therapeutic Exercise
 - Continue with Elbow/Wrist/Hand Range of Motion and Grip Strengthening
 - Begin Prone Extensions and Scapular Stabilizing Exercises (traps/rhomboids/levator scapula)
 - Gentle joint mobilization
- Modalities per PT discretion

Phase III (Months 3-6)

- Range of Motion - Progress to full AROM without discomfort
- Therapeutic Exercise - Advance theraband exercises to light weights (1-5 lbs)
 - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
 - Continue and progress with Phase II exercises
 - Begin UE ergometer
- Modalities per PT discretion

Phase IV (Months 6+)

- Range of Motion - Full without discomfort
- Therapeutic Exercise - Advance exercises in Phase III (strengthening 3x per week)
 - Sport/Work specific rehabilitation
 - Return to throwing at 4.5 months
 - Return to sports at 8 months if approved
- Modalities per PT discretion

Comments:

Frequency: _____ **times per week**

Duration: _____ **weeks**

Signature: _____

Date: _____