

REHABILITATION PROTOCOL: ARTHROSCOPIC ANTERIOR SHOULDER STABILIZATION (BANKART REPAIR)

□ Phase 1 (Weeks 0-4)

- Sling immobilization at all times except for showering and rehab under guidance of PT
- Range of motion
 - PROM → AAROM → AROM as tolerated
 - Restrict motion to 90° of forward flexion, 45° of abduction, 30° of external rotation, internal rotation to stomach
- Therapeutic exercises
 - Elbow, wrist, hand range of motion
 - Grip strengthening
 - Isometric abduction, internal and external rotation exercises with elbow at side
- Heat/ ice before and after physical therapy sessions

□ Phase 2 (Weeks 4-6)

- Discontinue sling immobilization
- Range of motion
 - Increase to full forward flexion, internal and external rotation as tolerated
- Therapeutic exercises
 - Advance isometrics from Phase 1 to use of a theraband within AROM limitations
 - Continue with elbow, wrist, hand range of motion and grip strengthening
 - Begin prone extensions and scapular stabilizing exercises (traps, rhomboids, levator scapulae)
 - Gentle joint mobilization
- Modalities per PT discretion

□ Phase 3 (Weeks 6-12)

- Range of motion
 - Progress to full AROM without discomfort
- Therapeutic exercises
 - Advance theraband exercises to light weights (1-5lbs)
 - Rotator cuff, deltoid and scapular stabilizers (8-12 repetitions/ 2-3 sets)
 - Continue and progress with Phase 2 exercises
 - Begin UE ergometer
- Modalities per PT discretion

□ Phase 4 (Months 3-6)

- Range of motion
 - Full without discomfort
- Therapeutic exercises
 - Advance exercises in Phase 3 (strengthening 3x per week)
 - Sport/ work specific rehabilitation
 - Return to throwing at 4.5 months
 - Return to sports at 6 months if approved
- Modalities per PT discretion