

Rehabilitation Protocol: Arthroscopic Anterior Shoulder Stabilization (Bankart Repair / Capsulorrhaphy)

Phase I (Weeks 0-4)

Sling immobilization at all times except for showering and rehab under guidance of PT
No motion for first 2 weeks.

Goals:

Protect the anatomic repair
Prevent negative effects of immobilization
Promote dynamic stability and proprioception
Diminish pain and inflammation

Range of Motion (may only start after week 2!) – PROM

o Restrict motion to 90° of Forward Flexion (Toes to Nose), 45° of Abduction, 20° of External Rotation and Internal Rotation to stomach

Therapeutic Exercise

o Elbow/Wrist/Hand Range of Motion
o Grip Strengthening
o Isometric Abduction, Internal/External Rotation exercises with elbow at side
Heat/Ice before and after PT sessions

Phase II (Weeks 4-6)

Discontinue sling immobilization

Range of Motion – PROM → AAROM → AROM

Gradually improve ROM

- Flexion to 145 degrees
- ER at 45 degrees abduction: 55-50 degrees
- IR at 45 degrees abduction: 55-60 degrees
- May initiate stretching exercises
- Initiate exercise tubing ER/IR (arm at side)
- Scapular strengthening
- PNF (Proprioceptive neuromuscular facilitation) manual resistance

Therapeutic Exercise

o Advance isometrics from Phase I to use of a theraband within AROM limitations
o Continue with Elbow/Wrist/Hand Range of Motion and Grip Strengthening
o Begin Prone Extensions and Scapular Stabilizing Exercises (traps/rhomboids/levator scapula)
o Gentle joint mobilization
Modalities per PT discretion

Phase III (Weeks 6-14)

Goals:

Gradually restore full ROM (week 10)
Preserve the integrity of the surgical repair
Restore muscular strength and balance

Enhance neuromuscular control

Range of Motion –

Gradually progress ROM:

- Flexion to 160 degrees
- Initiate ER/IR at 90 degrees abduction
- ER at 90 degrees abduction: 70-80 degrees at week 7
- ER to 90 degrees at weeks 8-9
- IR at 90 degrees abduction: 70-75 degrees
- Continue to progress isotonic strengthening program
- Continue PNF strengthening

Weeks 10-14

- May initiate slightly more aggressive strengthening
- Progress isotonic strengthening exercises
- Continue all stretching exercises
- **Progress ROM to functional demands (i.e. overhead athlete)
- Progress to isotonic strengthening (light and restricted ROM)

Therapeutic Exercise – Advance theraband exercises to light weights (1-5 lbs)

- o 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
- o Continue and progress with Phase II exercises
- o Begin UE ergometer

Modalities per PT discretion

Phase IV (Weeks 14-24)

Criteria to Enter Phase IV

- 1) Full non-painful ROM
- 2) Satisfactory stability
- 3) Muscular strength (good grade or better)
- 4) No pain or tenderness

Goals:

Maintain full ROM

Improve muscular strength, power and endurance

Gradually initiate functional activities

Range of Motion – Full without discomfort

Therapeutic Exercise – Advance exercises in Phase III (strengthening 3x per week)

- o Sport/Work specific rehabilitation
- o Return to throwing at 4.5 months
- o Return to sports at 6 months if approved

Modalities per PT discretion