

## **Rehabilitation Protocol: Arthroscopic Anterior Shoulder Stabilization (Bankart Repair)**

**Name:** \_\_\_\_\_  
**Date:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_  
**Diagnosis:** \_\_\_\_\_

### **Phase I (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 and Internal Rotation to stomach
- **Therapeutic Exercise**
  - Elbow/Wrist/Hand Range of Motion
  - Grip Strengthening
  - 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** – Increase Forward Flexion, Internal/External Rotation to full motion as tolerated
- **Therapeutic Exercise**
  - Advance isometrics from Phase I 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 scapula)
  - Gentle joint mobilization
  - Modalities per PT discretion

### **Phase III (Weeks 6-12)**

- **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 3-6)**

- **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 6 months if approved
- Modalities per PT discretion

**Comments:**

**Frequency:** \_\_\_\_\_ **times per week**    **Duration:** \_\_\_\_\_ **weeks**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_