

Arthroscopic Anterior Stabilization (incl. Bankart
Repair)
Physical Therapy Protocol

EXPECTED RECOVERY:

- Start formal physical therapy approximately 2 weeks after surgery (at the discretion of your physician)
- Use sling for 4-6 weeks after surgery for all activities including sleeping (physician will determine the length of time based on the status of the repair at the time of surgery).
- Return to school/desk type work approximately 4-5 days following surgery.
- Return to use of shoulder for typical household chores by 6-8 weeks after surgery.
- Return to heavy occupational/laborer activities or sports approximately 4-6 months.

* If Bankart or SLAP repairs associated, NO ACTIVE resisted biceps exercises first 6 weeks.

RECOVERY / RECUPERATION PHASE: WEEKS 1 - 4

- * Immobilization as instructed.
- * Elbow A/AAROM: flexion and extension.
- * Pendulums while supported in sling 0-2 weeks.
- * Protect ant. capsule from stretch. Limit ER to neutral, Horiz ABD, to scap plane.
- * Modalities (i.e. CryoCuff) PRN.
- * Wrist and gripping exercises.
- * Deltoid isometrics.
- * Grip strengthening

WEEKS 4 - 6

- * At 4 weeks PROM: pulley for flexion, pendulum exercises.
- * Pool exercises: A/AAROM flex, extension, horiz. addctn, elbow flex & extension.
- * Deltoid isometrics.
- * Lightly resisted elbow flexion.
- * Continue with wrist ex.
- * Modalities PRN.
- * Discontinue sling 4-6 weeks.

WEEKS 6 - 12

- * 6-10 wks, gradual A/AA/PROM to improve ER with arm at side (limit to 30° ER).
- * Progress flexion to 160°.
- * 10-12 weeks, A/AA/PROM to improve ER with arm in 45° abduction.
- * Pool exercises AROM all directions below horizontal, light resisted motions in all planes.
- * AROM activities to restore flexion, IR, horiz ADD.
- * Deltoid, Rotator Cuff isometrics progressing to isotonics.
- * PRE's for scapular muscles, latissimus, biceps, triceps.
- * PRE's work rotators in isolation (use modified neutral).
- * Joint mobilization (posterior glides).

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- * Emphasize posterior cuff, lat, & scapular muscle strengthen, stress eccentrics.
- * Utilize exercise arcs that protect anterior capsule from stress during PRE's.
- * Keep all strength exercises below the horizontal plane in this phase.

WEEKS 12 - 16

- * AROM activities to restore full ROM.
- * Restore scapulohumeral rhythm.
- * Joint mobilization.
- * Aggressive scapular stabilization and eccentric strengthening program.
- * PRE's for all upper quarter musculature (begin to integrate upper extremity patterns). Continue to emphasize eccentrics and glenohumeral stabilization. All PRE's are below the horizontal plane for non-throwers.
- * Begin isokinetics.

WEEKS 16 - 24

- * Begin muscle endurance activities (UBE).
 - * Continue with agility exercises.
 - * Advanced functional exercises.
 - * Isokinetic test.
 - * Functional test assessment.
 - * Full return to sporting activities.
- *please send progress notes