

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