

Bankart Repair / Anterior Shoulder Stabilization Protocol

Sling should be worn for approximately 4-6 weeks per Dr. Driscoll's instruction. May remove for treatment. Patient may also remove sling for activities such as eating, writing, computer work, and personal hygiene. Please provide daily home program for each phase.

PHASE 1 (weeks 1-6): Goals - pain control, reduction of inflammation, gradual restoration of range of motion, maintenance of scapulothoracic function, & maintenance of cardiovascular health.

PHASE 1A (weeks 1-2)

- Remove sling three times per day for the following:
 - Active range of motion at wrist, elbow and hand
 - Scapular protraction and retraction, elevation and depression
- No glenohumeral ROM
- Squeeze exercise ball often
- Use ice to control pain and inflammation
- Maintain cardiovascular health using walking or exercise bike

PHASE 1B (weeks 3-4)

- Continue phase 1A regimen
- Add pendulum exercises
- Initiate active-assisted range of motion (forward elevation & abduction limit 90°, external rotation limit 0-10°)
- Initiate periscapular isometrics
- Lower extremity and trunk exercises (no bouncing)

PHASE 1C (weeks 5-6)

- Continue phase 1B regimen
- Advance toward full range of motion
- Avoid aggressive passive stretching, especially with external rotation or abduction/external rotation
- Initiate isometric strengthening
 - Isometric abduction, internal rotation and external rotation with the arm at the side
 - Postpone isometric external rotation strengthening until 6 weeks if a "remplissage" procedure was included in the surgery

PHASE 2 (weeks 7-12) Goals - restoration of range of motion, strengthening of shoulder and scapular stabilizers, and general conditioning.

- Progress to full AROM without pain.
- Progress to dynamic theraband strengthening exercises, then begin light weight training at week according to patient progress and preference

- Avoid abduction external rotation motion such as military press, lat pulldown, chest fly's, behind the neck squats, etc.
- Continue lower extremity and trunk exercises
- Jogging now allowed
- No throwing

PHASE 3 (Months 4-5) Goals - Pain-free full ROM, improve muscular strength and endurance, improve dynamic stability, and begin sport-specific training.

- Advance strength training, may return to weight room if appropriate
- Abduction external rotation as tolerated
- Sport specific drills: easy tossing, swing bat, dribble and shoot, etc
- No contact sports

PHASE 4 (>5 months) Goals – Pain-free full ROM, normalized strength, return to sport or activity program.

- Continue strength training
- Advance sport specific drills
- Return to play when motion and strength are normal and cleared by physician (generally ~6 months)