

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

### **Phase I (Weeks 0-6)**

- Sling immobilization at all times except for showering
- Therapeutic Exercise
  - Elbow/Wrist/Hand Range of Motion
  - Grip Strengthening

### **Phase II (Weeks 7-12)**

- Discontinue sling immobilization
- Range of Motion – Slowly Increase Forward Flexion, Internal/External Rotation as tolerated
- Therapeutic Exercise
  - 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 (Months 3-6)**

- 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 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 8 months if approved
- Modalities per PT discretion