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POST-OPERATIVE REHABILITATION PROTOCOL

Anterior Stabilization (Bankart) Arthroscopic

0–4 Weeks MAXIMAL PROTECTION PHASE

- Sling Immobilization
- Protect anterior/posterior capsule from stretch, but begin passive ROM only POD 10–14
- Supine Forward Elevation in scapular plane to 90°; external rotation with arm at side to 30°.
- Grip Strength, Elbow/Wrist/Hand ROM; do NOT perform codmans; begin deltoid/Cuff isometrics
- May remove sling for shower but maintain arm in sling position; modalities PRN

GOALS Protect the repair

4–8 Weeks MODERATE PROTECTION PHASE

- Discontinue Sling at 4–6 weeks as tolerated; advance to AAROM and AROM (Limit FF to 140°, ER at side to 40°)
- Begin with gravity eliminated motion (supine) and progress. Do not; force ROM with substitution patterns.
- Continue Isometric exercises; progress deltoid isometrics; ER/IR (submaximal) with arm at side
- Begin strengthening scapular stabilizers

GOALS Progress motion

8–12 Weeks MINIMAL PROTECTION PHASE

- Advance to full, painless ROM. Gentle stretching at end ROM; initiate ER in 45° abduction at 10–12 weeks
- Full AROM all directions below horizontal with light resistance; deltoid/Cuff progress to isotonics
- All strengthening exercises below horizontal

GOALS Full ROM, no apprehension

3–12 Months STRENGTHENING PHASE

- Initiate when pain-free symmetric AROM; progress as tolerated
- Only do strengthening 3x/week to avoid rotator cuff tendonitis; restore scapulohumeral rhythm; joint mobilization.
- Aggressive scapular stabilization and eccentric strengthening program.

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- Initiate isotonic shoulder strengthening exercises including: side lying ER,
- Prone arm raises at 0, 90, 120°, elevation in the plane of the
- Scapula with IR and ER, lat pulldown close grip, and prone ER; dynamic stabilization WB and NWB.
- 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; begin muscle endurance activities (UBE).
- i. High seat and low resistance ii. Must be able to do active shoulder flexion to 90° without substitution
- 3); continue with agility exercises; advanced functional exercises; isokinetic test; functional test assessment.
- Full return to sporting activities.

GOALS Sport preparation

Return to Sport & Discharge Criteria

- Full pain-free ROM, including ER without apprehension
- Cuff and periscapular strength ≥90%; sport drills without instability
- Contact sport per Dr. Kelly (commonly ≥5–6 months); throwers complete an interval throwing program

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.