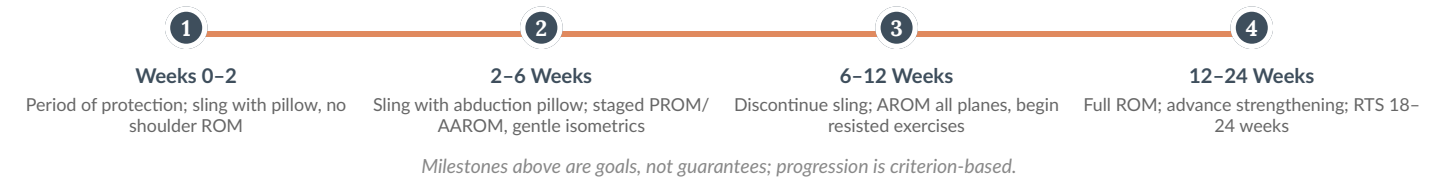


PT PROTOCOL

Anterior Shoulder Stabilization (Bankart Repair)

Rehabilitation Protocol



Phase 1 Weeks 0-2

Sling: Sling with pillow, worn at all times except for hygiene. Period of protection — no formal physical therapy for the first 2 weeks.

Range of Motion

- No shoulder range of motion allowed.
- Elbow and wrist motion only.

Phase 2 Weeks 2-6

Sling: Sling with abduction pillow, continued for a total of 6 weeks.

Range of Motion

- Weeks 2-4: passive and active-assisted range of motion, including forward flexion to 90° and external rotation to neutral with the arm at the side.
- Weeks 4-6: passive and active-assisted range of motion, including forward flexion to 120°, external rotation to 20° with the arm at the side, and abduction to 90°.
- No combined abduction-external rotation.

Therapeutic Exercises

- Begin gentle isometrics at week 2 (no external or internal rotation).
- Weeks 4-6: begin scapular stabilizers (protraction, retraction) with the arm in the sling.
- Modalities per PT discretion: electrical stimulation, ultrasound, heat (before), ice (after).

Phase 3 Weeks 6-12

Sling: Discontinue (unless in a crowd or slippery environment).

Range of Motion

- Increase forward flexion as tolerated; begin active range of motion in all planes.
- Week 8+: progress motion as tolerated.

Therapeutic Exercises

- Continue Phase 2 exercises; begin resisted isometrics (no internal rotation).
- Posterior glides are okay; avoid anterior glides.
- Week 8+: progress to resisted exercises with theraband.
- Modalities per PT discretion.

Phase 4

Weeks 12–24

Range of Motion

- Full range of motion.
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Therapeutic Exercises

- Continue Phase 3 exercises, advancing as tolerated.
- Consider return to sport at 18–24 weeks, pending surgeon approval.