

**Ohio Orthopaedics & Sports Therapy, Inc.**  
**PHYSICAL THERAPY PROTOCOL -**  
**ARTHROSCOPIC ANTERIOR SHOULDER STABILIZATION (BANKART REPAIR)**  
**Jeffery A. McMath, MD**

**Arthroscopic Anterior Shoulder Stabilization (Bankart Repair)**

The intent of this protocol is to provide the clinician with a guideline of the post-operative rehabilitation course of a patient that has undergone an arthroscopic anterior stabilization procedure or SLAP repair. It is no means intended to be a substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam/findings, individual progress, and/or the presence of post-operative complications. If a clinician requires assistance in the progression of a postoperative patient they should consult with Dr. Jeffery McMath at 419.424.0131.

*Progression to the next phase is based on clinical criteria and/or time frames as appropriate.*

**PHASE I – IMMEDIATE POST SURGICAL PHASE (Day 1-21)**

Goals

Immobilization to protect repair  
Diminish pain and inflammation

Precautions

Remain in sling, only removing for showering and elbow/wrist ROM  
No Passive Range of Motion (PROM)/Active Range of Motion (AROM) of shoulder  
No lifting of objects with operative shoulder  
Keep incisions clean and dry

Week 1-3

Sling at all times  
PROM/AROM elbow and wrist only  
Ball squeezes  
Sleep with sling supporting operative shoulder  
Shower with arm held at your side  
Cryotherapy for pain and inflammation  
Patient education: posture, joint protection, positioning, hygiene, etc.

**PHASE II – PROTECTION PHASE / PROM (Week 4 and 5)**

Goals

Gradually restore PROM of shoulder  
Do not overstress healing tissue

Precautions

Follow surgeon's specific PROM restrictions- primarily for external rotation – goal of 0 to 20 degrees external rotation at 6 wks post-op  
No lifting  
No PROM/stretching of the anterior capsule in the 90/90 position

## **PHASE II – PROTECTION PHASE / PROM (Week 4 and 5) cont'd**

### Criteria for progression to the next phase

Full flexion and internal rotation PROM

PROM 30 degrees of external rotation at the side

### Week 4

Continue use of sling

PROM

- Flexion to 90 degrees
- Internal rotation to posterior belt line
- External rotation to 0 degrees

Pendulums

Continue cryotherapy

Continue all precautions and joint protection

### Week 5

Continue use of sling

PROM

- Full flexion
- Full Internal rotation
- External rotation to 30 degrees

Pendulums

Continue cryotherapy as needed

Continue all precautions and joint protection

## **PHASE III – INTERMEDIATE PHASE / AROM (Week 6 and 7)**

### Goals

Continue to increase external rotation PROM gradually

Full AROM

Independence with ADL's

### Precautions

Wean from Sling

Can begin gentle external rotation stretching in the 90/90 position

No lifting with affected arm

### Week 6 and 7

AROM of shoulder

- Progress to full AROM in the against gravity position

Begin incorporating more aggressive posterior capsular stretching

- Cross arm stretch
- Side lying internal rotation stretch
- Posterior/inferior gleno-humeral joint mobilization

Begin gentle rhythmic stabilization techniques for rotator cuff musculature strength

Continue cryotherapy as necessary

## **PHASE IV – STRENGTHENING PHASE (Week 8-12)**

### Goals

Continue to increase external rotation PROM gradually  
Maintain full non-painful AROM  
Improve muscular strength, stability and endurance  
Gradual return to full functional activities

### Precautions

Be sure not to stress the anterior capsule with aggressive overhead strengthening  
Avoid contact sports/activities

### Week 8-10

Continue stretching and PROM  
Rhythmic stabilization exercises  
Initiate strengthening program (elastic resistance)  
-ER/IR with elbow at the side of the body  
-Forward punch  
-Seated row  
-Shoulder shrug  
-Seated row  
-Bicep curls  
-Lat pulls  
-Tricep extensions  
-Push-up plus

### Week 10-12

Continue stretching and PROM  
Continue all exercises listed above  
Begin gentle strengthening overhead, avoiding excessive anterior capsule stress  
-ER/IR in the 90/90 position  
-D1/D2 flexion and extension diagonals

## **PHASE V – RETURN TO ACTIVITY PHASE (Week 12-20)**

### Goals

Gradual return to strenuous work activities  
Gradual return to recreational activities  
Gradual return to sports activities

### Precautions

Do not begin throwing, or overhead athletic moves until 4 months post-op  
With weight lifting:  
- Avoid wide grip bench press  
- No military press or lat pulls behind the head. Be sure to “always see your elbows”

## **PHASE V – RETURN TO ACTIVITY PHASE (Week 12-20) cont'd**

### Week 12-16

Continue stretching and strengthening

Can begin golf, tennis (no serves until 4 mo.), etc.

Can begin weight lifting with low weight, and high repetitions, being sure to follow weight lifting precautions.

### Week 16-20

May initiate interval sports program if appropriate