



# REHABILITATION PROTOCOL

Shoulder Arthroscopy / Anterior Stabilization (Bankart Repair)

Patient Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Surgery Details: \_\_\_\_\_



## Phase 1 (0-4 weeks)

- **Weight-bearing:** Sling immobilization at all times except for showering and rehab under guidance of PT.
- **Range of Motion:** PROM → AAROM → AROM as tolerated
  - Restrict motion to 90° of Forward Flexion, 0° of Abduction, 30° of External Rotation, Internal Rotation to stomach
  - No Internal Rotation up the back and No External Rotation behind the head
  - **DO NOT ABDUCT WITH EXTERNAL ROTATION DURING FIRST 4 WEEKS**
- **Therapeutic Exercises:**
  - Elbow/Wrist/Hand Range of Motion
  - Grip Strengthening
  - Isometric sub-painful Abduction, Internal/External Rotation exercises with elbow at side
  - If SLAP repaired: No resisted Forward Flexion or Elbow Flexion (to avoid stressing the biceps origin at the SLAP)
- Modalities as per PT discretion in each phase of rehab including ice modalities



## Phase 2 (4-6 weeks)

- **Weight-bearing:** Discontinue sling. Begin to progress weight-bearing and AROM with the affected arm
- **Range of Motion:** Increase Forward Flexion, Internal/External Rotation to full motion as tolerated
- **Therapeutic Exercises:** As tolerated.
  - Continue isometrics from Phase I to use of a Theraband within AROM limitations
  - 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



## Phase 3 (6-12 weeks)

- **Range of Motion:** Progress to full AROM without discomfort.
- **Therapeutic Exercises:** 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



## Phase 4 (3-6 months)

- **Range of Motion:** Full ROM without discomfort.
- **Therapeutic Exercises:** Advance exercises in Phase III (strengthening 3-5x per week)
  - Sport/Work specific rehabilitation
  - Return to throwing at 4.5 months
  - Return to sports at 6 months if appropriate and advised by Dr. Ghattas.
  - Begin "contact" activities at 6 months if appropriate and advised by Dr. Ghattas.

**Comments: AVOID anterior apprehension position (Abduction/External Rotation) until full ROM in FE/ER/IR**

Physician Comments:

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Paul J. Ghattas, D.O.

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