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Post-Operative Rehabilitation Guidelines for
Arthroscopic Anterior Stabilization /Bankart Repair

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

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

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

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.
- Initiate isotonic shoulder strengthening exercises including: side lying ER, prone arm raises at 0, 90, 120 degrees, 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)
 - High seat and low resistance
 - Must be able to do active shoulder flexion to 90 degrees without substitution
 - Continue with agility exercises.
 - Advanced functional exercises.
 - Isokinetic test.
 - Functional test assessment.
 - Full return to sporting activities.