

Patient Name:

Patient Phone:

Surgery/DOS:

Surgeon:

BANKART/ANTERIOR SHOULDER STABILIZATION REHABILITATION PROTOCOL

RESTRICTIONS:

Sling x 6 weeks. ROM: Limited initially, begin full AROM at 6 weeks. No biceps AROM x 2 weeks

Stage I/early recovery: week 0 to 6

Protect surgical repair. Begin PT 3-5 days after surgery. PT 2 times per week.

PROM: increases every two weeks: ER (30, 45, 60); Flxn/Scaption (120, 150, 160), Abd (90, 100, 140), IR (full at 0 of abd)

Therapeutic ex: Pendulums, ball squeeze, elbow/wrist/hand motion. Scap retraction/depression. **No isometrics until week 3**, then begin isometric ER/IR/Flex/Ext/Abd

Other: may use computer with supported arm. Ice/Compression/Edema control.

Stage II: week 7 to 12

Begin active ROM, wean from sling, begin using arm for ADLs. PT 2 times per week.

Motion: con't PROM & add IR @ 45 abd, begin AAROM, progress to AROM with scap retraction

Week 8 begin bench press series, sidelying ER, salutes, prone row progression, open chain proprioception. **Week 9 begin** modified military press, full can, prone Ys

Week 9 begin ER/IR, double arm ER, full can, forward punch, rows, bicep curl, triceps ext, lat pulldown.

Week 10 begin closed chain stability, bear hugs, external rotation at 45 and 90 deg, rhythmic stab.

Stage III: week 13 to 20

Motion: full

Ther ex: Add sidelying ER & open chain proprioception. Begin prone ER at 90 and prone lift off.

Low Load Prolonged Stretches: Continue towel IR & sleeper stretch. Add door jam series.

Continue progression of ER/IR, double arm external rotation, full can, forward punch, rows, bicep curl, triceps extension, lat pull down, initial closed chain stability, bear hugs, external rotation at 45 and 90 deg, rhythmic stabilization/ NM control. Begin advanced closed chain stability, plyometrics, decelerations.

Stage IV: week 21+

Continue mobility and motion for maintenance.

Continue progression of external/internal rotation, double arm external rotation, full can, forward punch, rows, bicep curl, triceps extension, lat pulldown, initial closed chain stability, bear hugs, external rotation at 45 and 90 deg, rhythmic stabilization/ NM control, advanced closed chain stability, plyometrics, decelerations.

High level activities. Overhead and serving sports (tennis, volleyball), contact sports (football, hockey, lacrosse), and swimming will generally occur after 6 months and is dependent on exercise testing results

Comments:

Modalities:

Dry Needling

Cupping

Electrical Stim

Soft tissue mobilization/Manual therapy/Graston

Per treating therapist

Signature _____ **Date** _____