



Arthroscopic Anterior Stabilization/Bankart Repair

Phase I – Weeks 1-3 (Maximal Protection):

- Goals of this phase are to protect the repair and allow for early healing
- Remain in sling at all times except for showers or when doing hand wrist and elbow range of motion
- No shoulder range of motion
- Keep incisions clean and dry. Showers are OK with the arm at your side once the incisions are completely dry, but no baths or hot tubs
- Active range of motion of hand, wrist and elbow
- Ball squeezes
- Cryotherapy (ice) as needed

Phase 3 - Weeks 4-6 (Protection Phase)

- Continue sling through the end of week 6
- Begin to gradually restore PROM of shoulder
 - External rotation limit of 30 degrees
- Begin gentle active-assisted ROM
 - Table slides
 - Supine elevation
 - Pulleys



- Wand exercises

- **No shoulder active ROM**

Phase 3 - Active ROM (Weeks 7-8)

- Begin Active ROM
- Gradually increase external rotation
- Begin isometrics of cuff, periscapular muscles, biceps, triceps and forearm and hand
- Begin rotator cuff strengthening
- No aggressive stretching or strengthening
- Wean out of sling as tolerated
- Wean from Sling
- Begin to work on posterior capsular stretching
- Continue cryotherapy

Phase 4 - Weeks 8 - 16 (Strengthening)

- Progressive strengthening of cuff, periscapular, biceps, triceps and forearm
- Progress to full functional activities
- No aggressive anterior capsular stretching
- Avoid activities that stress anterior capsule
 - Wide grip bench press
 - No military behind the neck
 - Do not begin throwing, or overhead sports until cleared by surgeon



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Phase 5 - Weeks 17 + (Return to Sports Activities)

- In order to progress to this phase you must have NORMAL STRENGTH AND RANGE OF MOTION
- May begin to work with interval throwing program IF cleared by surgeon
- May begin golf
- May start playing tennis but slowly work back to serving