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# ORTHOPAEDICS

## Anterior Shoulder/Bankhart Stabilization Rehab Protocol

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*The intent of this protocol is to provide the therapist with guidelines of the post-operative rehabilitation course after an arthroscopic anterior shoulder stabilization procedure. It should not be a substitute for one's clinical decision making regarding the progression of the patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of post-operative complications. The therapist should consult the referring physician with any questions or concerns.*

**INDIVIDUAL CONSIDERATIONS:**

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## PHASE I (0-2 WEEKS):

### Goals:

- Control inflammation and pain
- Use cryocuff 3-4 times per day
- Increase PROM

### Sling:

- Wear sling continuously (except for therapy and showering) for 4 weeks

### Therapeutic Exercises:

- PROM / AROM of elbow and wrist
- Ball squeezes
- PROM of shoulder:

o 90 degrees forward flexion

o 0 degrees for external rotation

o IR to posterior belt line

## PHASE II (2-4 WEEKS):

### Goals:

Full, painless PROM in forward flexion and internal rotation

30 degrees of external rotation



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## **Sling:**

- Use sling for 4 weeks continuously except for shower and therapy
- Begin weaning 4-6 weeks

## **Therapeutic Exercises:**

- PROM
  - o Full forward flexion
  - o External rotation at the side of 30 degrees maximum
  - o Full internal rotation

## **PHASE III (4-6 WEEKS):**

### **Criteria:**

- Full passive internal rotation and forward flexion

### **Goals:**

- External rotation to 45 degrees
- AROM to PROM parameters

### **Therapeutic Exercises:**

- PROM / AROM



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- o Full forward flexion
- o Full internal rotation
- o 45 degrees of external rotation
  
- Begin posterior capsular stretching
  
- o Cross arm stretch
- o Side lying internal rotation

## PHASE IV (6-10 WEEKS):

### **Criteria:**

- Full, painless PROM and AROM in forward flexion and internal rotation

### **Goals:**

- Maintain full PROM and AROM in forward flexion and internal rotation
- Increase external rotation
- Optimize neuromuscular control
- Progress with strengthening
- Gradual return to full functional activities
- Avoid excessive anterior capsular stretching with overhead strengthening

### **Therapeutic Exercises:**



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- Increase active and passive external rotation at the side to full by 8 weeks
- Continue with posterior capsule stretching
- Initiate strengthening program

o Shoulder shrug

o Seated row

o Biceps curls

o Lat pulls (in front of head)

o Triceps extension

- May begin internal and external rotation in the 90/90 position at 8 weeks

## PHASE 5 (10-16 WEEKS):

### Criteria:

- Full, painless PROM and AROM in all planes

### Goals:

- Maintain full PROM and AROM
- Progress with strengthening
- Return to recreational activities at 3 months
- Return to overhead sports and contact activities at 5-6 months
- Begin weight lifting, avoiding stress to anterior capsule



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## Therapeutic Exercises:

- Continue with passive stretching as needed to maintain full PROM
- Progress with strengthening

o May begin bench-pressing with narrow grip, low weight, high repetitions, AVOID WIDE GRIP!

o No military or lat pulls behind head! Always be sure to have elbows in front of your body

## Return to Sports:

- May return to sports at 5-6 months when ROM is symmetric and painless
- Strength is 90% contra-lateral side
- No pain or apprehension in 90/90 position