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Name: _____ **Date:** _____
Diagnosis: _____ **Date of Surgery:** _____

Rehabilitation Protocol: Arthroscopic Anterior Shoulder Stabilization (Bankart Repair)

Phase I (Weeks 0-4)

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, 45° of Abduction, 30° of External Rotation and Internal Rotation to stomach

Therapeutic Exercise

○ Elbow/Wrist/Hand Range of Motion

○ Grip Strengthening

○ Isometric Abduction, Internal/External Rotation exercises with elbow at side

Heat/Ice before and after PT sessions

Phase II (Weeks 4-6)

Discontinue sling immobilization

Range of Motion – Increase Forward Flexion, Internal/External Rotation to full motion as tolerated

Therapeutic Exercise

○ Advance 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

Modalities per PT discretion

Phase III (Weeks 6-12)

Range of Motion – Progress to full AROM without discomfort

Therapeutic Exercise – 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

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- Begin UE ergometer
- Modalities per PT discretion

Phase IV (Months 3-6)

Range of Motion – Full without discomfort

Therapeutic Exercise – Advance exercises in Phase III (strengthening 3x per week)

- Sport/Work specific rehabilitation
- Return to throwing at 4.5 months
- Return to sports at 6 months if approved

Modalities per PT discretion