



Phase I-Maximum Protection (Weeks 0 to 4):

Weeks 0 to 2:

- > Ice and modalities to reduce pain and inflammation
- > Sling for 3 weeks

Range of Motion

- Begin passive range of motion
- Forward elevation to 90°
- External rotation to 0° at 0° abduction

Exercises

- Shoulder pulleys; flexion (90° limit) and abduction (45° limit)
- Manually resisted scapular elevation and retraction
- Begin wrist and hand strengthening

Weeks 3 to 4:

Range of Motion

- Flexion to 120°
- External rotation 30° at 0° abduction and 15° at 45° abduction
- Full internal rotation

Exercises

- Begin submaximal isometrics (ER, IR, Abd., Add., Flexion, Extension)

Phase II-Progressive Stretching and Active Motion Phase (Weeks 4 to 6):

Weeks 4 to 5:

Maintain program as outlined in weeks 0 to 4

Range of Motion

- Begin active range of motion
- External rotation 45° at 0° of abduction and 30° at 45° abduction
- Full flexion and internal rotation

Weeks 5 to 6:

Range of Motion

- External rotation full at 0° abduction, 45° at 45° abduction; 30° at 90° of abduction
- Full flexion and internal rotation

Exercises

- Begin resisted tubing rotator cuff program
- Continue with wrist and hand strengthening
- Biceps and triceps strengthening
- Proprioception drills emphasizing neuromuscular control



GOLDEN STATE ORTHOPEDICS & SPINE

OPEN ANTERIOR STABILIZATION WITH BANKART REPAIR POST OPERATIVE PROTOCOL

Phase III-Strengthening Phase (Weeks 6 to 10):

Weeks 6 to 8:

Range of Motion

- Full external rotation at 0° and 45° abduction; 45° of ER at 90° abduction increasing by 10°-15° per week, should achieve 90° ER at 90° of abduction by week #10