**Rehabilitation Protocol**

**Arthroscopic Bankart**

* **Sling for 3 weeks**
* **No cross-body adduction for 6-8 weeks**
* **Avoid “throwing position” for 3 months**

**Phase 0 – Quiet (Week 0 - 1)**

* Elbow-wrist-hand ONLY
* Ok to come out of sling for hygiene
* Begin active scapular retraction/protraction exercises with therapist cueing

**Phase I – Passive Motion (Week 1 - 4)**

***Pendulums to warm-up - Passive range of motion***

**Weeks 1 – 3:**

* Supine external rotation – **0\***
* Supine forward elevation – **90\***
* NO internal rotation

**Weeks 4:**

* Supine external rotation – **30\***
* Supine forward elevation – **Full**
* Internal rotation to belt line
* Ice: continue to ice on a regular basis. At least 20 minutes at a time, 4-5 times per day.
* Shower: On post-op day 3
* Appointment: your first therapy appointment should begin 1 week after surgery.

**Phase II – Active Motion (Week 5 - 6)**

***Pendulums to warm-up***

***Active range of motion with passive stretch to prescribed limits***

* SupineSeated External Rotation – **GRADUALLY increase to full by week 12**
* No terminal stretching with ER
* SupineSeated Forward Elevation – **Full**
* Internal rotation – **Full**

**Phase III – Resisted (Week 7 - 11)  
*Pendulums to warm up and continue with phase 2***

* External and Internal Rotation
* Standing forward punch
* Seated Rows
* Shoulder Shrugs
* Bicep Curls
* Bear Hugs
* Continue ER progression to full over next 6 weeks

**Phase IV – Weight Training (Week 12 and beyond)**

* \*\*Avoid anterior capsular stress\*\*
* Keep hands within eyesight, keep elbows bent, no long lever arms
* NO overhead throwing (below shoulder level), until 6 months after surgery
* Minimize overhead activities (below shoulder level)
* No military press, pull-downs behind head, or wide grip bench
* Gradual progression of resistance controlling velocity, duration, intensity, and frequency
* Core strengthening and balance training
* MMI is usually at 12 months post-op

**RETURN TO ACTIVITIES**

Computer 3-4 weeks

Driving When no longer taking narcotics

Elliptical 1 months

Jogging 2 months

Golf (Chip & Putt) 2 months

Tennis (no overhead) 3 months

Weight training 3-4 months

Skiing 4 months

Swimming 4 months

Golf (Irons & Driver) 4-5 months

Tennis (with overhead) 4-5 months

Contact Sports 6 months

Overhead Throwing 6 months

\*\*Heavy overhead lifting (military press), pull-down behind head, wide grip bench and dips are discouraged.