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Hip, Knee, Shoulder, Elbow ■ Cartilage Restoration, Joint Preservation

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Physical Therapy Protocol – Bankart Repair/Anterior Shoulder Stabilization

	Immobilizer	Range of Motion*	Therapy
Phase I 0-4 weeks	Worn at all times except for therapy and hygiene.	Active/Active-assisted motion. <u>Limits:</u> <ul style="list-style-type: none">• ER: 40 degrees• FF: 140 degrees	<ul style="list-style-type: none">• Elbow/wrist/hand ROM, grip strength.• Isometrics: abduction, ER, IR exercises with elbow at side.
Phase II 4-6 weeks	Discontinue at 4 weeks.	Increase FF, ER, IR as tolerated with above limits.	<ul style="list-style-type: none">• Advance isometrics and begin Theraband.• Strengthen scapular stabilizers.
Phase III 6-12 weeks	None	Progress to full active motion. May add gentle PROM at 8 weeks if needed.	<ul style="list-style-type: none">• Active exercises with light resistance.• Advance Theraband exercises.• Begin upper body exercises.
Phase IV 3-6 months ***	None	Full painless motion.	<ul style="list-style-type: none">• Start jogging after 12 weeks.• Plyometric and proprioception exercises.• Begin functional sport/work specific activities.• Return to prior activity level.**

* Patient is required to complete stretching exercises 3 times per day.

** Patient may return to the weight room at 3 months, if appropriate.

*** Patient may return to nonimpact sports by 4 months, contact sports 5-6 months, if approved.