

# Anterior Shoulder Bankart/Stabilization Physical Therapy Protocol



Dr. Christopher Ellingson

## Phase I – Protection (Weeks 1-3)

### GOALS

- Protect the surgical repair
- Diminish pain and inflammation
- Enhance scapular function
- Achieve appropriate ROM

### PRECAUTIONS

- Remain in sling, only removing for showering and elbow/wrist ROM
- Patient education regarding avoidance of abduction / external rotation activity to avoid anterior inferior capsule stress
- No PROM/AROM of shoulder
- No lifting of objects with operative shoulder
- Keep incisions clean and dry for first 48-72 hours

### WEEKS 1-3

- Sling at all times except as indicated above
- PROM/AROM elbow, wrist, and hand only
- Normalize scapular position, mobility, and stability
- Ball squeezes
- Sleep with sling supporting operative shoulder
- Use abduction pillow if desired
- Shower with arm held at your side
- Cryotherapy for pain and inflammation
- Patient education: posture, joint protection, positioning, hygiene, etc.
- Begin isometrics week 3

## Phase II – Protection Phase/PROM (Weeks 4 and 5)

### GOALS

- Gradually restore PROM of shoulder
- Do not overstress healing tissue

### PRECAUTIONS

- Avoid external rotation  $>20^{\circ}$
- No shoulder AROM or lifting

### CRITERIA FOR PROGRESSION TO THE NEXT PHASE

- After three weeks
  - Full flexion and internal rotation PROM
  - PROM  $20^{\circ}$  of external rotation at the side
  - Can begin gentle external rotation stretching in the 90/90 position

### WEEKS 4-5

- Continue use of sling
- PROM (gentle), unless otherwise noted by surgeon
  - Full flexion and elevation in the plane of the scapula
  - Full internal rotation
  - External rotation to 20 degrees at 20 degrees abduction, to 30 degrees at 90 degrees abduction
- Pendulums
- Sub maximal pain free rotator cuff isometrics in neutral
- Continue cryotherapy as needed
- Continue all precautions and joint protection

*If you have any problems or questions, please call your doctor's office (8am-5pm).*

*Answering service for after hours.*

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## Phase III – Intermediate phase/AROM (Weeks 6 and 7)

### GOALS

- Continue to gradually increase external rotation, PROM, Full AROM
- Independence with ADL's
- Enhance strength and endurance

### PRECAUTIONS

- Wean from sling
- No aggressive ROM / stretching
- No lifting with affected arm
- No strengthening activities that place a large amount of stress across the anterior aspect of the shoulder in an abducted position with external rotation (i.e. no pushups, pectoralis flys, etc.)

### WEEKS 6 AND 7

- PROM (gentle), unless otherwise noted by surgeon
  - External rotation to 30-50 degrees at 20 degrees abduction, to 45 degrees at 90 degrees abduction
- Begin AROM of shoulder
  - Progress to full AROM in gravity resisted positions
- Begin implementing more aggressive posterior capsular stretching
  - Cross arm stretch
  - Side lying internal rotation stretch
  - Posterior/inferior gleno-humeral joint mobilization
- Enhance pectoralis minor length
- Scapular retractor strengthening
- Begin gentle isotonic and rhythmic stabilization techniques for rotator cuff musculature strengthening (open and closed chain)
- Continue cryotherapy as necessary

## Phase IV - Strengthening Phase (Week 8 – Week 12)

### GOALS

- Continue to increase external rotation PROM gradually
- Maintain full, non-painful AROM

- Normalize muscular strength, stability, and endurance
- Gradually activities with ultimate return to full functional activities

### PRECAUTIONS

- Do not stress the anterior capsule with aggressive overhead strengthening
- Avoid contact sports/activities

### WEEKS 8-10

- Continue stretching and PROM
  - External rotation to 65 degrees at 20 degrees abduction, to 75 degrees at 90 degrees abduction, unless otherwise noted by surgeon.
- Progress above strengthening program

### WEEKS 10-12

- Continue stretching and PROM
  - All planes to tolerance
- Continue strengthening progression program

## Phase V – Return to activity phase (Week 12 - Week 20)

### GOALS

- Gradual return to strenuous work activities
- Gradual return to recreational activities
- Gradual return to sports activities

### PRECAUTIONS

- Do not begin throwing or overhead athletic moves until 4 months post-op
- Weightlifting:
  - Avoid wide grip bench press
  - No military press or lat pulls behind the head. Be sure to “always see your elbows”

### WEEKS 12-16

- Continue progressing stretching and strengthening program
- Can begin golf, tennis (no serves until 4 mo.), etc.
- Can begin generalized upper extremity weightlifting with low weight and high repetitions
- Follow weightlifting precautions as above.

## WEEKS 16-20

- May initiate interval sports program if appropriate

### CRITERIA TO RETURN TO SPORTS AND RECREATIONAL ACTIVITIES

- Surgeon clearance
- Pain free shoulder function without signs of instability
- Restoration of adequate ROM for desired activity
- Full strength as compared to the non-operative shoulder (tested via hand-held dynamometry)