

Dr. John G. Skedros
Rehabilitation Protocol After Arthroscopic Anterior Capsulolabral (Bankart)
Reconstruction

I. Phase I: Restricted Motion-Maximal Protection Phase

- A. Weeks 0—2
 - 1. Sling for comfort (2 weeks)
 - 2. Immobilization brace for 4 weeks (sleeping only)
 - 3. Gentle active-assisted range-of-motion exercises with L bar
 - Forward flexion to 60
 - External rotation at 20° abduction (maximal motion 0)
 - Internal rotation at 20° abduction to tolerance (maximal motion 45°)
 - 4. Elbow and hand range of motion
 - 5. Isometrics: submaximal subpainful contraction—external and internal rotation, abduction of biceps with arm at side 0 abduction)
 - 6. Squeeze ball
 - 7. Ice, modalities to shoulder to control pain
- B. Weeks 3—4
 - 1. Discontinue use of sling
 - 2. Continue use of immobilization for sleep
 - 3. Continue gentle active-assisted range of motion with L bar
 - Flexion at 90 "
 - External rotation at 20 abduction (maximal motion 15)
 - Internal rotation at 20 abduction (maximal motion 65)
 - 4. Initiate *light-weight* isotonic shoulder exercises for internal and external rotation, abduction, supraspinatus, biceps, triceps ,
 - 5. Initiate *light-weight* isotonic scapular strengthening in retraction, protraction, elevation, and depression
 - 6. Initiate upper body ergometer exercises at 70 abduction

II. Phase II: Moderate Protection Phase (Weeks 7—14)

- A. Weeks 7—9
 - 1. Progress all range-of-motion exercises
 - Flexion (0-180)
 - External rotation at 90 abduction (maximal motion 75)
 - Internal rotation at 90 abduction (maximal motion 85)
 - 2. Continue isotonic strengthening program
 - 3. Initiate diagonal strengthening program
 - 4. Continue all scapular strengthening
 - 5. Initiate isokinetic exercises (neutral position)
 - 6. Initiate exercise tubing external-internal rotation (at 0 abduction)

B. Weeks 10—14

Goal

Achieve full range of motion by weeks 12—14

- 1. Continue and progress all exercises listed above
- 2. Initiate manual resistance exercise programs

III. Phase III: Minimal Protection Phase (Weeks 15—21)

- A. Weeks 15—18
 - 1. Continue all flexibility exercises and capsular stretches to maintain full range of motion
 - 2. Initiate Throwers' Ten Exercise Program (Appendix C)
 - 3. Initiate light swimming
 - 4. Initiate exercises in the 90° position
- B. Weeks 18—24
 - 1. Continue flexibility exercises
 - 2. Begin Interval Throwing Program (Appendix D) when
 - Full nonpainful range of motion is achieved
 - Strength is 90% of contralateral side
 - Pain or tenderness is absent
 - Clinical exam is satisfactory
 - 3. Continue Throwers' Ten Exercise Program
 - 4. Initiate plyometric exercise program

IV. Phase IV: Advanced Strengthening Phase (Weeks 22—26)

- 1. Aggressive strengthening program for shoulder and scapular musculature
- 2. Continue Throwers' Ten Exercise Program
- 3. Continue plyometric program
- 4. Progress to phase II of Interval Throwing Program

V. Phase V: Return-to-activity Phase (Months 7—9)

- 1. Continue all strengthening exercises
- 2. Continue all stretching exercises
- 3. Begin unrestricted throwing