

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

I. Phase I: Immediate Motion Phase

- A. Weeks 0—2
 - 1. Sling for comfort (1 week)
 - 2. Immobilization brace for 4 weeks (sleeping only)
 - 3. Gentle active-assisted range-of-motion exercises with L bar
 - Flexion to tolerance (0-120°)
 - External rotation at 20° abduction to tolerance (maximum 15-20°)
 - Internal rotation at 20° abduction to tolerance (maximum 45°)
 - 4. Rope-and-pulley exercises
 - 5. Elbow and hand range of motion
 - 6. Isometrics: External-internal rotation, abduction, biceps
 - 7. Squeeze ball exercises
 - 8. Elbow flexion-extension
 - 9. Ice
- B. Weeks 3—4
 - 1. Active-assisted range-of-motion exercises with L bar
 - (a) Flexion to tolerance (maximum 120-140°)
 - (b) External rotation at 45° abduction (acceptable 20-30°)
 - (c) Internal rotation at 45° abduction (acceptable 45-60°)
 - 2. Initiate light isotonics for shoulder musculature in abduction, external-internal rotation and for supraspinatus and biceps
 - 3. Initiate scapular strengthening exercises; emphasize rhomboids, trapezius, serratus anterior
- C. Weeks 5—6
 - 1. Progress all range-of-motion exercises with active-assisted range of motion L bar
 - Flexion (maximum 160°)
 - External-internal rotation at 90° abduction: external rotation to 45-60°; internal rotation to 65-95°
 - 2. Upper extremity ergometer at 90° abduction
 - 3. Diagonal patterns, manual resistance
 - 4. Progress all strengthening exercises

II. Phase II: Intermediate Phase (Weeks 8-14)

- A. Weeks 8—10
 - 1. Progress to full range of motion
 - Flexion to 180°
 - External rotation in 90°
 - Internal rotation in 85°
 - 2. Isokinetic strengthening exercises (neutral position)
 - 3. Continue all strengthening exercises
 - 4. Initiate scapular strengthening exercises
- B. Weeks 10—14
 - 1. Continue all flexibility exercises, self-capsular stretches
 - 2. Throwers' Ten Exercise Program (Appendix C)
 - 3. Upper body ergometer, 90° abduction
 - 4. Initiate diagonal pattern (manual resistance)

III. Phase III: Advanced Phase (Months 4—6)

1. Continue all flexibility exercises
 - External rotation stretch
 - Internal rotation stretch
 - Flexion stretch
 - Self-capsular stretches
2. Continue Throwers' Ten Exercise Program
3. Isokinetics external-internal rotation (90/90 position)
4. Isokinetics test
5. Plyometric exercises
6. Initiate interval training program with physician approval

IV. Phase IV: Return-to-Activity Phase (Months 6—9)

1. Continue all strengthening exercises—Throwers' Ten Exercise Program
2. Continue all stretching exercises