

**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