

Rehabilitation Protocol: Arthroscopic Anterior Shoulder Stabilization  
(Bankart Repair)  
Dr Shane Hanzlik

**Phase I (Weeks 0-4)**

- Sling immobilization at all times except for showering and rehab under guidance of PT
- **Range of Motion** - PROM -> AAROM -> AROM as tolerated
  - Restrict motion to 90° of Forward Flexion, 45° of Abduction, 30° of External Rotation and Internal Rotation to stomach
- **Therapeutic Exercise**
  - Elbow, Wrist, Hand Range of Motion
  - Grip Strengthening
  - Isometric Abduction, Internal/External Rotation exercises with elbow at side
- Heat/Ice before and after PT sessions

**Phase II (Weeks 4-6)**

- Discontinue sling immobilization
- **Range of Motion** - Increase Forward Flexion, Internal/External Rotation to full motion as tolerated
- **Therapeutic Exercise**
  - Advance isometrics from Phase I to use of a thera-band within AROM limitations
  - Continue with Elbow, Wrist, Hand Range of Motion and Grip Strengthening
  - Begin Prone Extensions and Scapular Stabilizing Exercises (traps, rhomboids, levator scapula)
  - Gentle joint mobilization
  - Modalities per PT discretion

**Phase III (Weeks 6-12)**

- **Range of Motion** - Progress to full AROM without discomfort
- **Therapeutic Exercise** - Advance thera-band exercises to light weights (1-5 lbs)
  - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
  - Continue and progress with Phase II exercises
  - Begin UE ergometer
  - Modalities per PT discretion

**Phase IV (Months 3-6)**

- **Range of Motion** - Full without discomfort
- **Therapeutic Exercise** - Advance exercises in Phase III (strengthening 3x per week)
  - Sport/Work specific rehabilitation
  - Return to throwing at 4.5 months
  - Return to sports at 6 months if approved
  - Modalities per PT discretion