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ARTHROSCOPIC BANKART/ ARTHROSCOPIC CAPSULAR SHIFT POST-OPERATIVE REHABILITATION PROGRAM

Phase One: Maximum Protection Phase (Week 0-6)

Phase One Goals:

- Preserve the integrity of the surgical repair**
- Prevent negative effects of immobilization**
- Promote dynamic stability**
- Diminish pain and inflammation**

Post-Op 0-2 weeks

1. Sling for 4-6 weeks
2. Elbow/hand ROM
3. Hand gripping exercises
4. Grade I to II glenohumeral/scapulothoracic joint mobilizations
5. Passive and gentle active assistive ROM exercise: Refer to Table 1
6. Submaximal isometrics into IR, ER @ neutral, Extension @ side(pain free)
7. No active abduction, ER beyond neutral, and extension beyond neutral.
8. Initiate scapular mobility and stabilization
9. Cryotherapy, modalities as indicated

Post-Op 3-4 weeks

1. Continue Sling use for 4-6 weeks
2. Continue Gr I-II glenohumeral/scapulothoracic joint mobilizations
3. Continue gentle ROM exercises (PROM and AAROM):
Refer to Table 1
4. Continue isometrics and rhythmic stabilization (submaximal)
5. May initiate T-band exercises in the appropriate planes (No active abduction, ER beyond neutral, and extension beyond neutral)
6. Continue Scapula mobility and stabilization
7. Continue use of cryotherapy/modalities prn

Post-Op 5-6 weeks

1. Gradually improve PROM/AAROM
Refer to Table 1
2. May begin active ER, abduction, elevation in pain-free range
3. Begin rhythmic stabilization
4. PNF manual resistance
5. Continue glenohumeral/scapulothoracic joint mobilizations
6. Continue scapular stabilization
7. Assess and maintain posterior shoulder mobility

Phase Two: Minimum Protection Phase (week 6-14)

Phase Two Goals:

- Gradually restore full ROM (week 10)**
- Preserve the integrity of the surgical repair**
- Restore muscular strength and balance**

Post-Op 7-9 weeks

1. Gradually progress ROM:
Refer to Table 1
2. Continue to progress isotonic strengthening program
3. Continue PNF strengthening
4. Continue rhythmic stabilization
5. Continue scapular stabilization
6. Normalize cervical and thoracic mobility to facilitate full UE ROM
7. Initiate light CKC strength and stability

Post-Op 10-14 weeks

1. Full ROM- Refer to Table 1
2. Progress isotonic strengthening exercises in multiple planes
3. Initiate FWB closed chain strengthening
4. Continue all stretching exercises
5. Continue all rhythmic stabilization
6. Continue all scapular stabilization

Phase Three: Advanced Strengthening Phase (week 15-19)

Phase Three Goals:

- Establish and maintain full ROM**
- Improve muscular strength, power, and endurance**
- Gradually initiate functional activities**

Post-Op 15-18 weeks

1. Biodex testing (week 15)
2. Continue all stretching exercises (capsular stretches)
3. Continue strengthening exercises:
 - Throwers Ten Program or Fundamental Exercises
 - PNF Manual Resistance
 - Endurance training
 - Progress speed as needed for sport specific activity

Post-Op 18-19 weeks

1. Continue all exercise listed above
2. Initiate interval sport program (throwing, etc.)
3. Initiate plyometric training as needed for sport specific activity

Phase Four: Regaining Performance Phase (week 20-24)

Phase Four Goals:

- Enhance muscular strength, power and endurance**
- Progress functional activities**
- Maintain shoulder mobility**

Criteria to enter Phase IV:

- Full non-painful ROM
- Satisfactory static stability
- Muscular strength 75 – 80 % of contralateral side
- No pain or tenderness

Post-Op 20-24 weeks

1. Continue flexibility exercises
2. Continue isotonic strengthening program
3. PNF manual resistance patterns
4. Plyometric strengthening
5. Progress interval sport programs
6. Biodex testing (week 24)

Phase Five: Return to Sports/Activity Phase (week 25)

Phase Five Goals:

- Gradual return to sport activities**
- Maintain strength, mobility and stability**

Criteria to enter Phase V:

- Full functional ROM
- Satisfactory isokinetic test that fulfills criteria
- Satisfactory shoulder stability
- No pain or tenderness
 1. Exercises to avoid for this population-
 - a. WB shoulder/tricep dips
 - b. Latissimus pull downs and overhead military press with bar behind the head.

Table 1	Staged ROM Goals s/p Arthroscopic Caps. Shift			
	Pass. Flex/Scapt	Pass. ER@20 deg.	Pass. ER@90 deg.	Active Flex/Scapt
POW 3	90/90	10	NA	NA/NA
POW 6	135/135	35	45	115/115
POW 9	155/155	50	75	145/145
POW 12	WNL/WNL	WNL	WNL	WNL