



## Bankart Shoulder Stabilization Protocol

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
<b>PHASE I</b> 0-6 weeks	No shoulder motion May do active elbow and wrist ROM with ball squeezes.	Immobilized at all times day and night Off for hygiene and gentle exercise only	Elbow/wrist ROM, grip strengthening Avoid stretch of anterior capsule and extension; Isometric scapula
<b>PHASE II</b> 6-12 weeks	Begin active/active assistive ROM < PROM to tolerance Goals: Full extension rotation, 135° flexion, 120° abduction	None	Begin active-assisted exercises, deltoid/rotator cuff isometrics Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff with therabands Passive elevation with pulley, ER stretch with stick.
<b>PHASE III</b> 12-16 weeks	Gradual return to full AROM	None	Emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Cycling/running okay at 12 weeks
<b>PHASE V</b> 5-7 months	Full and pain-free	None	Progress Phase IV activities, return to full activity as tolerated

\* Remplissage procedure - Delay strengthening of infraspinatus/ER until 12 weeks with this procedure is performed in conjunction with the Bankart.