

Arthroscopic Shoulder Stabilization/Bankart Repair

STAGE 1 (0 - 4 WEEKS)

- Sling immobilization (4 weeks)
 - Elbow AROM for flex/ex
 - Modalities for pain
 - Wrist PRE's
 - POD 10 - 12
 - Begin gentle pendulums CW & CCW
 - POD 14 - 20
 - Elbow PRE with shoulder stabilized
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STAGE 2 (4 - 6 WEEKS)

- d/c sling
 - begin PROM for flexion
 - SC/AC/ST mobility
 - Serratus anterior strengthening (supine)
 - AROM flexion in scapular plane to 90
 - Deltoid isometrics
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STAGE 3 (6 - 8 WEEKS)

- Begin isometrics in neutral for IR/ER/ABD/Flex/EX, progress to isotomics
- Gradual AAROM to improve ER
- AAROM -> AROM for IR/ER/Flex/Abd/Horizontal ADD
- PRE for scap stabilizers
- Strengthening exercises blow 90 degrees of flexion
- Posterior glide joint mob's
- UBE (week 10)

STAGE 4 (8 - 12 WEEKS)

- AROM to regain full ROM
 - Wall push-ups
 - Normalize ST rhythm
 - Joint mobs
 - Begin isokinetics
 - Begin strengthening at 90 deg abduction
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STAGE 5 (6 - 12)

- Begin plyometrics with throwbacks
- Begin racquet/throwing program
- Isokinetic test
- Overhead activity
- Push ups