

## **Anterior Shoulder Instability Repair(Bankart repair) Post op Rehab**

### **Weeks 1-3: Phase I (Home Exercise Program)**

Sling immobilizer at all times except for showering and exercise

Exercises:

- Passive forward flexion in scapular plane to 90°
- Passive external rotation and extension to neutral
- AROM wrist and elbow
- Scapular pinches
- Pain free submaximal deltoid isometrics

Advancement criteria: ER to neutral/ FF to 90, minimal pain or inflammation

### **Weeks 3-6: Phase II**

Sling immobilizer at all times except for showering and exercise

Exercises:

- Active assisted ER to 30° (wand exercises)
- Active assisted flexion in scapular plane to 120° (wand exercises)
- Manual scapular side-lying exercises
- Internal/external rotation isometrics in modified neutral (submaximal and pain free)

Advancement Criteria: Minimal pain and inflammation, ER to 45, FF to 120, IR/ER strength 4/5

### **Weeks 6-12: Phase III**

Sling immobilizer at all times except for showering and exercise-Discontinue at week 8

Exercises:

- Active assisted/Passive FF in scapular plane to tolerance
- Active assisted/ Passive ER to tolerance – do not force
- Begin active assisted ROM for internal rotation
- Progress scapular strengthening including closed chain exercises
- Begin isotonic IR/ER strengthening in modified neutral (pain free)
- Begin latissimus strengthening (progress as tolerated)
- Begin humeral head stabilization exercises

Advancement Criteria:

- Full upper extremity ROM
- IR/ER strength 5/5
- Normal scapulohumeral rhythm
- Minimal pain and inflammation

## **Weeks 12-18: Phase IV**

### Exercises:

- Progress to full functional ROM
- Advance IR/ER strengthening to 90/90 position
- Continue upper extremity strengthening program
- Begin activity specific plyometrics
- Begin sport or activity related program
- General upper extremity flexibility exercises

### Discharge Criteria:

- Pain free sport or activity specific program
- IR/ER strength equal to unaffected side
- Independent home exercise program