

## **Dr. John G. Skedros**

# **Rehabilitation Protocol After Arthroscopic Anterior Capsulolabral (Bankart) Reconstruction**

## **I. Phase I: Restricted Motion-Maximal Protection Phase**

### A. Weeks 0—2

1. Sling for comfort (2 weeks)
2. Immobilization brace for 4 weeks (sleeping only)
3. Gentle active-assisted range-of-motion exercises with L bar
  - Forward flexion to 60°
  - External rotation at 20° abduction (maximal motion 0°)
  - Internal rotation at 20° abduction to tolerance (maximal motion 45°)
4. Elbow and hand range of motion
5. Isometrics: submaximal subpainful contraction—external and internal rotation, abduction of biceps with arm at side 0° abduction)
6. Squeeze ball
7. Ice, modalities to shoulder to control pain

### B. Weeks 3—4

1. Discontinue use of sling
2. Continue use of immobilization for sleep
3. Continue gentle active-assisted range of motion with L bar
  - Flexion at 90°
  - External rotation at 20° abduction (maximal motion 15°)
  - Internal rotation at 20° abduction (maximal motion 65°)
4. Initiate *light-weight* isotonic shoulder exercises for internal and external rotation, abduction, supraspinatus, biceps, triceps ,
5. Initiate *light-weight* isotonic scapular strengthening in retraction, protraction, elevation, and depression
6. Initiate upper body ergometer exercises at 70° abduction

## **II. Phase II: Moderate Protection Phase (Weeks 7—14)**

### A. Weeks 7—9

1. Progress all range-of-motion exercises
  - Flexion (0-180°)
  - External rotation at 90° abduction (maximal motion 75°)
  - Internal rotation at 90° abduction (maximal motion 85°)
2. Continue isotonic strengthening program
3. Initiate diagonal strengthening program
4. Continue all scapular strengthening
5. Initiate isokinetic exercises (neutral position)
6. Initiate exercise tubing external-internal rotation (at 0° abduction)

### B. Weeks 10—14

#### *Goal*

- Achieve full range of motion by weeks 12—14
1. Continue and progress all exercises listed above
  2. Initiate manual resistance exercise programs

## **III. Phase III: Minimal Protection Phase (Weeks 15—21)**

- A. Weeks 15—18
  - 1. Continue all flexibility exercises and capsular stretches to maintain full range of motion
  - 2. Initiate Throwers' Ten Exercise Program (Appendix C)
  - 3. Initiate light swimming
  - 4. Initiate exercises in the 90° position
  
- B. Weeks 18—24
  - 1. Continue flexibility exercises
  - 2. Begin Interval Throwing Program (Appendix D) when
    - Full nonpainful range of motion is achieved
    - Strength is 90% of contralateral side
    - Pain or tenderness is absent
    - Clinical exam is satisfactory
  - 3. Continue Throwers' Ten Exercise Program
  - 4. Initiate plyometric exercise program

#### **IV. Phase IV: Advanced Strengthening Phase (Weeks 22—26)**

- 1. Aggressive strengthening program for shoulder and scapular musculature
- 2. Continue Throwers' Ten Exercise Program
- 3. Continue plyometric program
- 4. Progress to phase II of Interval Throwing Program

#### **V. Phase V: Return-to-activity Phase (Months 7—9)**

- 1. Continue all strengthening exercises
- 2. Continue all stretching exercises
- 3. Begin unrestricted throwing