

## **ARTHROSCOPIC ANTERIOR CAPSULAR SHIFT/BANKART REPAIR**

### **Weeks 1-2**

- *Objective is to protect healing capsule, allow early, graded, protected motion, prevent stiffness, minimize atrophy, and control pain and inflammation*
- Wear sling during the day for 3-4 weeks
- Sleep in your sling for 3-4 weeks
- Monitor neurovascular status
- Supine passive range of motion:
  - Flexion to 90°
  - ER to 20° with shoulder abducted 20°
  - IR to 40° with shoulder abducted 30°
  - Abduction 60° in scapular plane
- Exercises
  - Cervical range of motion
  - Scapular elevation and retraction
  - Submaximal shoulder isometrics (ER/IR/Flexion/Abduction in neutral)
  - Wrist and hand exercises
- Modalities as needed for pain and swelling

### **Weeks 3-4**

- Progress passive and active assistive range of motion
  - Flexion to 120°
  - Abduction to 90°
  - ER to 40° with shoulder abducted 20°
  - IR to 50° with shoulder abducted 45°
- Exercises:
  - Scapular elevation, depression, protracted, retraction
  - Submaximal multi-angle isometrics (flexion, abduction, IR, ER)
  - Light rhythmic stabilization in neutral
  - Light resistance for scapular exercise
  - Light resistance for wrist, hand, and forearm exercises.
- Ice and modalities as needed for pain and swelling

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ORTHOPAEDIC SURGERY  
FRACTURES  
JOINT REPLACEMENT  
SPORTS MEDICINE

### Weeks 5-6

- Progress range of motion
  - Flexion to 150°
  - Abduction to 90°
  - ER to 60° with shoulder abducted 30°
  - IR to 60° with shoulder abducted 45°
- Exercises:
  - Begin pulley
  - Anti-gravity flexion and scaption to 90°
  - Advance to light resistive exercise in graduated, protected range
  - Manual light resistance to scapular diagonals (D1 and D2)
  - May initiate light theraband resistance for ER and IR at neutral with towel roll
  - UBE at chest level
  - Light proprioceptive exercise in protected range
- Watch scapulo-humeral rhythm, emphasize concentric and eccentric
- Emphasize scapular stabilization
- Ice and modalities as needed for pain

### Weeks 7-8

- Continue to progress range of motion toward normal range in all planes
- Begin IR and ER stretches at 90° abduction
- Use joint mobilizations and capsule stretches as needed
- Exercises:
  - UBE at shoulder level
  - Increase isotonic strengthening for flexion, scaption, and abduction
  - Increase theraband for rotator cuff
  - Increase proprioception for scapulothoracic and glenohumeral joint
  - Manual scapular diagonals: con/con → con/ecc
  - Begin active horizontal abduction and adduction, increase range and resistance as tolerated, starting with proximal and working towards distal

### Weeks 9-12

- Continue stretching and strengthening program
- Begin PNF patterns: limited range → full range, proximal → middle → distal resistance
- Begin body blade: supine at 90° → multi angle → diagonals
- CKC on wall or slideboard