



Arthroscopic Anterior Stabilization (Bankart) Protocol

Phase 1 (Weeks 1-3) *Protection*

- Goals: immobilize to protect repair, decrease pain/inflammation
- Precautions
 - Sling full time, remove only for showering & elbow/wrist ROM
 - No PROM/AROM shoulder
 - No lifting
- Ball squeezes, elbow/wrist PROM/AROM

Phase 2 (Weeks 4-6) *PROM*

- Goals: gradually restore shoulder PROM
- Precautions:
 - No anterior capsular stretching in 90/90 position
- PROM
 - ER up to 30 degrees
 - Full flexion
 - Full IR
 - Begin posterior capsular stretching

Phase 3 (Weeks 6-8) *AROM*

- Goals: wean sling, full AROM shoulder, initiate strength/endurance
- Precautions:
 - No lifting with affected arm
 - May begin gentle ER stretching in 90/90 position
- PROM
 - More aggressive posterior capsular stretching
- AROM
 - Begin gentle rhythmic cuff stabilization work
 - Progress to full AROM against gravity

Phase 4 (Weeks 8-12) *Strengthening*

- Goals: strengthening and endurance, return to functional activities
- Precautions:
 - No contact sports/activities
 - Don't stress anterior capsule with aggressive overhead strengthening
- AROM
 - Elastic resistance ER/IR with elbow at side
 - Forward punch
 - Seated row



Progress to bicep curls, lat pulls, tricep ext, shoulder shrug

Phase 5 (Weeks 12 and up) *Return to activity*

-Goals: Gradual return to strenuous work/recreational activities

-Precautions:

No throwing or overhead athletics until 4 months out

Avoid wide grip bench press

No military press or lat pulls behind the head

Always “see your elbows”

-AROM

Continue stretching regimen

Begin weight lifting (low weight, high rep)

Begin golf, tennis (no serving until 4 months), etc.