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**ARTHROSCOPIC BANKART REPAIR and/or CAPSULAR SHIFT  
Rehabilitation Protocol**

**General Considerations:**

- **Goal:** Reestablish range of motion (ROM) without stressing anterior capsule or labral repair.
- Full recovery may take 12 months.
- The subscapularis is NOT detached at the beginning of the procedure and then reattached at the end of the procedure. Therefore, **active** internal rotation (IR) strengthening can be done during the first 6 weeks.
- May return to tennis and swimming (e.g. breaststroke) at 3 months.
- May return to contact sports and weight lifting at 6 months.

**Phase I – Protective (Day 7 – Week 3)**

- Start pendulum exercise taught for passive ROM only.
- Isometric ER with elbow at side and forearm on the stomach.
- Isometric abduction with the elbow at the side.
- Active assisted ER to 0 degrees.
- Passive IR exercise.
- Active IR strengthening as tolerated
- Active ROM of scapula (elevation, depression, protraction, retraction), elbow (flexion, extension, pronation, supination), wrist and digits (putty exercises).
- Patient should wear sling during the day and sling and swathe to sleep.
- Scapular stabilizers
- Avoid external rotation

**Phase II (3 to 6 weeks)**

- Increase active assisted FE with pulleys to 140 degrees.

- Start adduction stretching, with arm pulled across the body.
- Sling needs to be worn when out in public when patient at risk of being bumped

### **Phase III (6 to 9 weeks)**

- Start active assisted ER with elbow at side to 30 degrees.
- Start active assisted abduction to 90 degrees.
- Increase FE with the pulleys to equal contralateral shoulder.
- Gentle mobilizations (grade I & II) for pain relief.

### **Phase IV- Strengthening Phase (9 to 16 weeks)**

- Start rotator cuff strengthening exercise, including active IR.
- Increase active assisted abduction to equal contralateral shoulder.
- Aggressive mobilization (Grade III & IV) for increasing ROM.
- Total gym - lat pulldowns, rowing exercises, pullovers.
- Upper Body Ergometer (UBE) for endurance.
- Closed kinetic chain exercises (CKC) as directed by therapist.
- Work on any focal deficits.