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ARTHROSCOPIC ANTERIOR SHOULDER RECONSTRUCTION

INCLUDES BANKART AND LABRUM REPAIRS

THIS PROTOCOL IS PROVIDED FOR GENERAL GUIDELINES AND RECOMMENDATIONS. ALL PHYSICIAN ORDERS SUPERCEDED THIS PROTOCOL. IT IS ADVISED THAT THERPAIST USE CLINICAL JUDGEMENT AND DISCRETION IN ADVANCING PATIENTS THROUGH THE PROTOCOL.

Sling - To be worn until 6 weeks post op. Remove for physical therapy, HEP, hygiene and dressing

PHASE 1 – MAXIMUM PROTECTION PHASE (WEEKS 0-6)

Goals:

1. Initiate early limited range of motion
2. Protect surgical repair
3. Decrease pain and inflammation

Therapeutic Exercise:

Hand ball squeeze or putty

Wrist ROM and strengthening

Elbow AROM

Passive and active scapula ROM

Submaximal isometrics arm at the side

PROM/AAROM to the shoulder including wand and cane exercises in supine.

0-2 Weeks

Flexion 0-70 degrees

ER at 20 degrees abduction to neutral

IR at 20 degrees abduction to 45 degrees

3-4 Weeks

Flexion 0-90 degrees

ER at 20 degrees abduction to 15 degrees

IR at 20 degrees abduction to tolerance



5-6 Weeks

Flexion 0-135 degrees

ER at 45 degrees abduction to 45 degrees

IR at 45 degrees abduction to tolerance

Modalities:

Cryotherapy/Ice packs for swelling and pain management

Electrical stimulation/IFC for pain control and swelling if needed

PHASE 2 – INTERMEDIATE PHASE (WEEKS 6-12)

Goals:

1. Full non-painful AROM.
2. Improve strength
3. Increase functional activities

Therapeutic Exercise:

Continue previous exercises as needed

Progress AA exercises to full AROM of the shoulder

Active stretches to improve ROM

Initiate Theraband and isotonic strengthening exercises with emphasis of scapular stabilization, rotator cuff strengthening and elbow strengthening

Perform IR strengthening with arm at the side until 10 weeks post op. Then 90/90 position

Add upper body UBE or ergometer

PHASE 3 – ADVANCED STRENGTHENING PHASE (WEEKS 12-18)

Goals:

1. Maintain shoulder ROM
2. Improve shoulder strength and upper extremity strength
3. Return to functional activities

Therapeutic Exercise:

Continue previous exercises

Continue to increase strengthening program as patient can tolerate, Thrower's 10 program

Add closed kinetic chain UE exercises , push up progression

Add functional strengthening exercises for job or sport specific

Initiate plyometrics and interval throwing program progressing slowly



PHASE 4 –RETURN TO ACTIVITY PHASE (WEEKS 18-

Therapeutic Exercise:

Continue previous exercises

Increase throwing program and intensity to sport specific

Initiate exercises and conditioning for return to work or sports activities

RETURN TO WORK and PLAY

Return to work and playing in sporting events when cleared by physician only.