

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Anterior Shoulder Dislocation (Anterior Bankart) Non-Operative

Three times per day home exercise program including:

Phase 1: Week 0-2

- Sling as needed (except for hygiene, TID finger, wrist, elbow AROM and therapy)
- Deltoid and periscapular isometrics, posture control

Phase 2: Week 2-6

- Wean from sling (for comfort only)
- A/AROM and gentle PROM 4-quadrant stretches
 - Pulleys, table slides, supine wand exercises in all planes
 - Avoid the position of apprehension (90-90) position
- Periscapular isometrics and strengthening, scapular stabilization and proprioception
- Phase I and II rotator cuff strengthening
- Biceps and triceps, total arm strengthening
- Core conditioning

Phase 2: Week 6-12

- Advance to unrestricted A/AA/PROM
- Unrestricted UE and total body strengthening and conditioning
- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment

More info: twincitiesshoulderandelbow.com/shoulderdislocation/



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