





## 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/AAROM and gentle PROM 4-quadrant stretches
  - o 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/



This document does not necessarily represent the opinion of these parent health organizations. It is designed in good faith to increase your understanding of this injury and your treatment options. It does not replace the opinion, discussion, and treatment from a trained medical professional.