

[Twincitiesshoulderandelbow.com](http://Twincitiesshoulderandelbow.com)  
**Dr. Chad Myeroff's Rehabilitation Protocol**

Arthroscopic Anterior Bankart Repair (or SLAP)

**Three times per day home exercise program including:**

Phase 1: Week 0-6 (1<sup>st</sup> PT visit scheduled to follow on day of 2-week post-op surgical visit)

- Maintain sling use (except for hygiene, TID finger, wrist, elbow AROM and therapy)
  - OK for axillary cares (hangs) but no pendulum swings / Codman's.
- POD 7-14: Formal PT AND three time daily (TID) home exercise program (HEP)
  - Passive ER 0-30 supine wand with elbow at the side
  - Passive FF 0-140 (OK to table slides, pulleys, supine wand exercises)
    - Avoid 90-90 position of apprehension
  - Periscapular isometrics
- Core strengthening
- No lifting greater than a coffee cup

Phase 2: Week 6-12

- Wean out of sling (maintain for one more week in public)
- PROM 4-quadrant stretches
  - No restrictions other than avoiding the 90-90 position of apprehension
  - Phase I and II stretches
  - Pulleys, table slides, supine wand exercises in all planes
- Periscapular strengthening, isometrics, stabilization and proprioception
- Phase I cuff strengthening
- Light biceps and triceps strengthening
- No lifting > 5 lbs

Phase 3: Week 12-16

- Once ROM is full, begin phase II Cuff and total arm strengthening

Phase 4: Week 16-18

- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment

More info: [twincitiesshoulderandelbow.com/shoulderdislocation/](http://twincitiesshoulderandelbow.com/shoulderdislocation/)

  
  
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