

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Open Anterior Bankart Repair (subscap protection)

Three times per day home exercise program including:

Phase 1: Week 0-6 (1st 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 times daily (TID) home exercise program (HEP)
 - AAROM ER to neutral (within confines of pain)
 - 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
 - ER 0-30 (within confines of pain)
 - Avoid 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
- Light biceps and triceps strengthening
- No lifting > weight of a coffee cup

Phase 3: Week 12-16

- Advance to unrestricted A/AA/PROM
- Once ROM is full, begin phase I and II Cuff and total arm strengthening
- No lifting >5 lbs

Phase 4: Week 16-18

- Total arm strengthening, no restrictions
- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment



More info: twincitiesshoulderandelbow.com/shoulderdislocation/



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