

**Twincitiesshoulderandelbow.com**  
**Dr. Chad Myeroff's Rehabilitation Protocol**

Posterior Shoulder Dislocation (Posterior Bankart) Non-operative

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

Phase 1: Week 0-2

- Gunslinger (external rotation) sling full time
- TID finger ROM
- Infrapinatus, Deltoid, periscapular isometrics, posture

Phase 2: Week 2-6

- Gunslinger (external rotation) sling full time
  - OK to remove for hygiene and TID elbow wrist finger AROM

Phase 3: Week 6-12

- Gunslinger (external rotation) sling full time except for hygiene and TID therapy
- A/AAROM and gentle PROM
  - Upright pulleys, table slides, supine wand exercises in all planes
  - Avoid internal rotation past neutral
- Periscapular isometrics and strengthening, scapular stabilization and proprioception
- Phase I cuff strengthening
- Biceps and triceps, total arm strengthening
- Core conditioning

Phase 3: Week 12-16

- Advance to unrestricted A/AA/PROM
- Phase II cuff strengthening
- 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/](https://twincitiesshoulderandelbow.com/shoulderdislocation/)



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