

ARTHROSCOPIC ANTERIOR STABILIZATION REHABILITATION PROTOCOL

(Anterior Labrum/Bankart Repair)

PHASE I (0–6 weeks)

Range of Motion (ROM):

- 0–3 weeks: None
- 3–6 weeks: Begin PROM
 - Limit flexion to 90°
 - External rotation to 45°
 - Extension to 20°

Immobilizer:

- 0–2 weeks: Immobilized at all times, day and night
 - Off for hygiene and gentle exercise only
- 2–6 weeks: Worn daytime only

Exercises:

- 0–3 weeks: Elbow/wrist ROM, grip strengthening at home only
 - 2–6 weeks: Begin PROM activities
 - Codman's exercises
 - Posterior capsule mobilizations
 - Avoid stretch of anterior capsule and extension
 - Closed chain scapular exercises
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PHASE II (6–12 weeks)

Range of Motion (ROM):

- Begin active / active-assisted ROM, PROM to tolerance
- Goals: full extension, 135° flexion, 120° abduction

Immobilizer: None

Exercises:

- Continue Phase I exercises
- Begin active-assisted exercises
- Deltoid / rotator cuff isometrics at 8 weeks
- Begin resistive exercises for:
 - Scapular stabilizers
 - Biceps and triceps
 - Rotator cuff*

*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in Phase II

PHASE III (12–16 weeks)

Range of Motion (ROM): Gradual return to full active ROM

Immobilizer: None

Exercises:

- Advance Phase II activities
 - Emphasize external rotation and latissimus eccentrics
 - Glenohumeral stabilization
 - Begin muscle endurance activities (upper body ergometer)
 - Cycling/running allowed at 12 weeks
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PHASE IV (4–5 months)

Range of Motion (ROM): Full and pain-free

Immobilizer: None

Exercises:

- Aggressive scapular stabilization and eccentric strengthening
 - Begin plyometric and throwing/racquet program
 - Continue endurance activities
 - Maintain ROM and flexibility
- **Limited return to sports activities

PHASE V (5–7 months)

Range of Motion (ROM): Full and pain-free

Immobilizer: None

Exercises:

- Progress Phase IV activities
- Return to full activity as tolerated