

GARRETT COUNTY ORTHOPAEDICS

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**Open Anterior Labral (Bankart) Repair
and/or Inferior Capsular Shift**

PHASE I: Weeks 1 - Week 4 – PROTECTION PHASE

PT Sessions: Home program after initial visit with physical therapist

Sling: Shoulder immobilizer / abduction sling

1. Wear at all times, even when sleeping for 1st 6 weeks after surgery
2. Remove 3x/day for home PT exercises, and for personal hygiene

Exercises:

1. Grip Strength w/ foam ball, towel, putty to squeeze repetitively
2. Hand, wrist, elbow full AROM w/ light weights (1-3 lbs.; incr. prn)
3. Shoulder passive pendulum exercises in sling or forearm supported
4. Assisted PROM shoulder to maximum of 45° flexion, 20° external rotation, 30° abduction; NO extension
5. Scapular retraction; gently pinch shoulder blades together for 5 sec

Aerobic Conditioning: may ride stationary bike while wearing immobilizer

PHASE II: Week 4 - 8 – EARLY STRENGTHENING & ENDURANCE

PT Sessions: Directed by physical therapist

Sling: D/C shoulder immobilizer/sling at 6 weeks

Exercises:

1. Continue grip strength exercises
2. Continue hand, wrist, elbow full AROM w/ weights
3. Passive pendulums w/ elbow extended and forearm unsupported
4. Assisted PROM shoulder to maximum of 90° flexion, 30° external rotation, 60° abduction
5. Scapular retraction; gently pinch shoulder blades together for 5 sec
6. Cross chest (posterior capsule) stretch
7. Mild ADL's at or below waist level

Aerobic Conditioning: Stationary bike or treadmill while wearing sling until 6 weeks

PHASE III: Week 8 - 12 – ADVANCED STRENGTHENING & ENDURANCE

PT Sessions: Directed by physical therapist

Sling: none

Exercises:

1. Continue previous grip and hand/wrist/elbow AROM exercises
2. Shoulder full PROM exercises w/o limitations; include wand/stick, pulley, towel stretch, wall climbs, assistance from opposite UE, etc...
DO NOT PUSH THROUGH ANY SHARP OR STABBING PAIN
3. Gentle shoulder active assisted range-of-motion (AAROM) exercises in all planes; avoid extension beyond 0°
4. Scapular retraction, shoulder shrugs, and postural correction
5. 5-way isometric strengthening exercise
6. Moderate ADL's from waist to shoulder; NO overhead activity

Aerobic Conditioning:

1. Stationary bike, elliptical trainer, stairmaster
2. May walk on treadmill; NO running
3. Upper body cycle up to 5 min forward and 5 min backward

Criteria for Progression to PHASE IV:

1. 90% shoulder FAROM
2. Pain-free ADL's up to shoulder height
3. Able to perform 5 min of upper body cycle w/o pain

PHASE IV: Week 12 - 16 – BASIC FUNCTIONAL PHASE

PT Sessions: Directed by physical therapist

Exercises:

1. Continue previous exercises with emphasis on full AAROM
2. Shoulder AROM exercises and ADL's in all planes to fatigue
3. Light resistance theraband exercises
4. 6-way isometric strengthening
5. May use 5-10 lbs. Free weights with AROM exercises
6. Start with wall push-ups; progress to push-ups on table, then to knees
7. Basic aquatic (pool) therapy if available
8. Full ADL's; no lifting > 10 lbs.

Aerobic Conditioning:

1. May begin jogging in addition to bike, elliptical trainer, and stairmaster
2. Upper body cycle up to 10-15 min forward and 10-15 min backward

Criteria for Progression to PHASE V:

1. Full or nearly full shoulder AROM
2. Near full strength per manual muscle testing
3. Pain-free basic functional training exercises

PHASE V: Week 16 - 24 (6 mo) – ADVANCED FUNCTIONAL PHASE

PT Sessions: Directed by physical therapist

Exercises:

1. FAROM exercises to fatigue; emphasize active and passive ER
2. Gradually increase weight training to maximum; must be pain free
3. Progress from knee to military push-ups; AVOID anterior capsule stretching by not dropping below the scapular plane during each rep
4. Advanced pool therapy if available

Aerobic Conditioning:

1. Progress from jogging to running prn; should be pain-free
2. Sport-specific drills prn; i.e. throwing, dribbling, catching

Criteria for progression to PHASE VI:

1. Full AROM equal to opposite UE (accept 5-10° loss of ER)
2. Full shoulder strength per manual testing

PHASE VI: 6 Months + – RETURN TO FULL DUTY PHASE

When rehabilitation goals are met:

1. Full shoulder AROM (accept 5-10° loss of ER)
2. Full strength per manual and isokinetic testing

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