

Dr McDonald / Dr Nieman
SUBSCAPULARIS REPAIR
BANKART REPAIR
REHABILITATION PROTOCOL

Post-op Day 1-14 (weeks 1 & 2)

Wear sling per physician orders
Hand squeezing exercises
Elbow and Wrist AROM
Pendulum Exercises
Shoulder PROM/AAROM
 Manual ROM, wand, pulleys, table glides
ROM Limits
 Flexion 120 degrees
 Abduction 60 degrees
 External Rotation 10 degrees
 Internal Rotation across body with arm adducted
Scapular exercises
 Shrugs and retraction without resistance
Modalities for pain and swelling
 Ice, E-stim
Goals
 Pain control
 Flexion 120 degrees, Abduction 60 degrees

Post-op Day 15-28 (weeks 3 & 4)

Continue above exercises
Wear sling when out in public as needed for comfort
ROM
 Flexion 140
 Abduction 90 degrees
 External Rotation 10 degrees
 Internal Rotation across body with arm adducted
Gentle shoulder isometrics in neutral position
Stationary Bike

Post-op Days 29 - 42 (weeks 5 & 6)

Continue above exercises
UBE at low resistance
Bicep and Tricep PREs with light resistance
ROM
 Flexion 160 degrees
 Abduction 120degrees
 External Rotation to tolerance

Post-op Day 43 (week 7+)

- Continue above exercises as appropriate
- Begin AROM progress to PRE as tolerated
- Progress PREs as tolerated
 - Theraband
 - Prone extension and horz abd
 - Scapular strenghtening
 - Cybex strengthening

Physician Signature

Date

