• 6-8 visits over 12 weeks
• Emphasis is on AAROM and a high repetition, low weight free weight program
• Address posterior capsular tightness if indicated at 3 months
• Address scapular mal-positioning if indicated
• Minimal to no pain during or after exercises, although fatigue is OK
• No passive ROM (PROM) or pulleys unless specifically indicated by the physician

Modalities:

A. Ice following exercises
B. No phonophoresis/iontophoresis
C. No Ultrasound
D. Transfrictional massage for tendonitis (only if indicated by physician)
E. Soft-tissue techniques (only if indicated by physician)

Stage I (0-4 weeks for open repair; 0-4 weeks for arthroscopic repair)
These exercises will be performed independently at home.

I. Shoulder sling:
   A. Wear sling for 4 weeks
   B. Patient may remove sling for dressing, hygiene, and occasional keyboard use. May also remove for showering, dressing, and sleeping at night

II. Exercises:
   A. Codman’s (pendulum) exercises 4-5x/day
   B. Elbow ROM
   C. Tennis ball for grip
   D. Co-contracture of biceps/triceps at 0, 30, 60, 90, and 120 degrees

Stage II (4-12 weeks)
Start physical therapy at 4 weeks post-op
Weeks 4-6: 1 visit/week
Weeks 6-12: 1 visit every 2 weeks (max.) - stress independent home program

I. Stretching/ROM (2x/day) – careful incremental ROM restoration in the hypermobile patient NO PROM – PATIENT DIRECTED STRETCHES

   A. Codman’s (pendulum) exercises to warm up
   B. Four corner stretch
   C. AAROM (wand exercises) – minimal pain only
      1. All movements except no ER past 20 deg. until 6 weeks post-op.
      2. Gradually progress as tolerated after week 6. Increase 5-10 degrees per week
      3. Full ER within 15 degrees of contralateral side by 12 weeks- Does not need to be equal
II. Strengthening – painfree ROM only (3x/week max)

A. Isometric exercises.
   1. Start at 4 weeks post-op.
   2. **No IR or adduction until 6 weeks post-op.**
   3. Reps: 7-10 – progress to 30.  Painfree only!

B. Isotonic exercises – strengthening exercises #1-8 as tolerated
   1. Start at 6 weeks post-op.
   2. Perform with free weights only (No theraband – except IR #6)
      a. Repetitions – 30-50 reps before progressing in weight
      b. Emphasize high repetition, low weight
      c. Start against gravity without weight; progress as tolerated:
         - 2 oz. (dinner knife)
         - 4 oz. (tuna can)
         - 8 oz. (soup can)
         - 1 lb. weight
         - 2 lbs., 3 lbs., etc.
   3. Goals:
      a. Overhead athlete: 3-5 lbs. x 50 reps
      b. General rehab candidate: 1-3 lbs x 50 reps
      c. Progress weight as tolerated – painfree!

C. Scapular stabilization exercises – #2-8 as tolerated

**Stage III (3-6 months)**

I. Continue to progress with strengthening program including scapular stabilization

II. Return To Activity:
   1. Overhead lifting/traction (pull-ups) as tolerated at 4 months if PT goals have been met and if cleared by physician
   2. Throwing activity: start 4 months post-op Return to Throwing Program if PT goals have been met and if cleared by physician, anticipate full return to throwing at 6-8 months post-op.
   3. Contact activities: Possibly start 4 months post-op if PT goals have been met and if cleared by physician
   4. No dips until 4 months post-op if PT goals have been met and if cleared by physician

III. Maintenance:
   1. Continuation of isotonic strengthening exercises should be encouraged 1-2x/week for 3-6 months.

This protocol provides you with general guidelines for the post-operative rehabilitation of the patient following a Bankart/Anterior Capsulorrhaphy repair. The physician will make specific changes to the program as appropriate for an individual patient.
1. **Pendulum Exercises**

Bend forward at the waist, (back parallel to ground is ideal). Allow involved arm to hang down, perpendicular to the floor. Keep arm and shoulder muscles relaxed. Move arm slowly, increasing the arc as tolerated. This technique should cause only minimal pain.

Perform _______ repetitions _______ times per day.

1. Front to back
2. Side to side
3. Clockwise circles
FOUR CORNERS STRETCH

1. Flexion

Stand 1-2 feet away from a wall. Place your hand on the wall and lean slightly forward while sliding your hand up the wall, creating a stretch in your shoulder.

Hold _____ seconds

Perform _____ repetitions.

2. Abduction, and External Rotation

Stand in a doorway with your hand on the wall as shown. Lean forward slightly creating a stretch in your shoulder.

Hold _____ seconds

Perform _____ repetitions.
FOUR CORNERS STRETCH

3. **External Rotation**

Stand in a doorway with your hand on the wall as shown. Turn toward the opposite side (i.e. if stretching the right shoulder turn to your left), creating a stretch in your shoulder.

Hold _____ seconds.

Perform _____ repetitions.

4. **Internal Rotation**

Stand with your back to an object, such as a counter or doorknob, placing your hand on the object. If an object of appropriate height is not available, stand with your back to a door frame and grasp the frame. Create a stretch in your shoulder by slightly bending your knees.

Hold _____ seconds.

Perform _____ repetitions.

5. **Adduction**

Stand and take your arm across your body as if reaching for opposite shoulder and back, place your hand from your opposite shoulder/arm on the elbow to gently pull your arm across your body.

Hold _____ seconds.

Perform _____ repetitions.
WAND EXERCISES (AAROM)

1. Pendulum Exercises

Bend forward at the waist, (back parallel to ground is ideal). Keep arm and shoulder muscles relaxed. Move arm slowly, increasing the arc as tolerated. This technique should cause minimal pain. Motions: Front to Back, Side to Side, Clockwise Circles, Counterclockwise Circles

Perform _____ repetitions _____ times per day.

2. Flexion in Supine

Slowly raise arm overhead, keeping elbows straight.

Hold _____ seconds.

Perform _____ repetitions _____ times per day.
WAND EXERCISES (AAROM)

3. Flexion In Standing
Keep elbow straight throughout each repetition. Slowly push affected arm up. Hold _____ seconds.

Perform _____ repetitions _____ times per day.

4. Extension
Keep elbow straight throughout each repetition. Slowly push affected arm back. Hold _____ seconds.

Perform _____ repetitions _____ times per day.
WAND EXERCISES (AAROM)

5. Abduction

Keep elbow straight.
Slowly push affected arm up.

____ leading with thumb
or ____ palm facing down.
Hold _____ seconds.
Perform _____ repetitions
_____ times per day.

6. Internal Rotation

Hold wand behind you.
Slowly raise hands up then slowly return to starting position.

Hold ____ seconds.
Perform _____ repetitions
_____ times per day.
WAND EXERCISES (AAROM)

7. External Rotation
Place towel roll under elbow. Keep elbow bent 90°. Slowly push hand toward floor.

Hold ____ seconds.

Perform _____ repetitions _____ times per day.
8. Adduction
Holding on to the end of the wand with the right hand, right elbow slightly flexed, left hand is on the mid shaft on the wand and pulls right shoulder across the body (for exercising an involved right shoulder, reverse hands for an involved left shoulder).

Hold ____ seconds.

Perform _____ repetitions
_____ times per day.
SHOULDER ISOMETRICS

Hold _____ seconds.

Perform _____ repetitions _____ times per day.

1. **Flexion**
   Press hand forward into wall.

2. **Extension**
   Press hand backward into wall.

3. **Abduction**
   Place towel inside arm.
   Push elbow into wall.
4. **Adduction**

   Place towel inside arm.
   Pull arm in toward body.

5. **External Rotation**

   Place towel inside arm.
   Press back of hand into wall.

6. **Internal Rotation**

   Place towel inside arm.
   Press palm of hand into wall.
SHOULDER STRENGTHENING EXERCISES

1. Exercises should not be painful.
2. Perform exercises slowly.
3. Maintain the correct position.
4. Warm up prior to using weights – stretching and pendulum exercises as instructed.
5. Ice after exercise for 10-20 minutes.
6. Exercise 4 days a week.

Perform _____ repetitions.

General Guidelines

Perform exercises slowly with control for both the up and down motions. Do not allow your shoulder to shrug. Begin program without weight and the progress as tolerated to:

- 2 oz. (butter knife)
- 4 oz. (tuna can)
- 8 oz. (soup can)
- 1 lb. weight
- 2 lb. weight

1. **Flexion**

Start with arm at side, thumb forward. Raise arm to shoulder level (parallel to ground). Lower slowly to starting position.

2. **Abduction**

Start with arm midway between front and side of your body, thumb pointing up. Raise arm sideways to shoulder level in scapular plane. Lower slowly.
3. **Abduction**

Start with arm midway between the front and side of your body, thumb down. Raise arm diagonally to 45° level and lower slowly to starting position.

4. **External Rotation**

Lie on uninvolved side. Place a towel roll under elbow. Keep elbow bent at 90° squeeze shoulder blades together. Raise hand away from stomach toward the ceiling. Lower slowly to starting position.

5. **External Rotation**

Keep elbow bent at 90°. Squeeze shoulder blades together. Raise hand up. Lower slowly to starting position.

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6. **Internal Rotation with Theraband**

Place Theraband in door. Squeeze shoulder blades together. Pull hand toward stomach. Slowly return to starting position.

7. **Wall Push-Ups**

Perform standing push-ups against the wall. Progress to a counter top, then to the floor with knees bent and then floor with knees straight.

8. **Biceps Curls**

Raise hand toward shoulder with palm up. Lower slowly to starting position.
SCAPULAR STABILIZATION

General Guidelines
1. Exercises should not be painful.
2. Perform exercises slowly.
3. Maintain the correct position.
4. Ice after exercise for _____ minutes.
5. Perform _____ times per day for _____ days per week.

1. Scapular Retraction
Pull shoulder blades together and down.

Hold _____ seconds

Perform _____ repetitions.

2. Scapular Depression
Place theraband over door, squeeze shoulder blades together while pulling your arm to your side. Slowly return to starting position.

Perform _____ repetitions.
3. Extension

Start with your arm hanging straight down with your thumb pointing down. Raise arm backwards and slowly return to starting position.

Perform _____ repetitions.

4. Horizontal Abduction

Start with your arm hanging straight down with your thumb pointing out, raise arm out to the side to shoulder level (parallel to ground) and then slowly return to starting position.

Perform _____ repetitions

5. Proprioception (Countertop)

Place your hands on a countertop. Slowly shift weight from one side to the other while keeping your shoulder blades flat to your back.

Perform _____ repetitions.
6. **Proprioception (Wall)**

Stand facing a wall. Keep your shoulder blades together and down and make circles with a ball in a clockwise direction. Repeat same number of reps in a counterclockwise direction.

**Perform _____ repetitions.**

7. **Proprioception (Ball dribble)**

Stand facing the wall. Keep your shoulder blades together and down and dribble to ball off of the wall. You may advance to dribbling the ball in shapes and patterns.

**Perform_____ repetitions.**

8. **Wall Push-Ups**

Perform standing push-ups against a wall. Progress to countertop, then floor with knees bent and then floor with knees straight.

**Perform _____ repetitions.**
9. **Proprioception (Hands & Knees)**

Get on your hands and knees. Keep your shoulder blades together and down and make circles with the platform in a clockwise direction. Repeat same number of reps in a counterclockwise direction.

**Perform _____ repetitions.**