

Kevin M. Kaplan, MD Advanced Arthroscopy/Sports Medicine

Rehabilitation Protocol: Arthroscopic Anterior Shoulder Stabilization (Bankart Repair)

Name:	Date:
Diagnosis:	Date of Surgery:
 Range of Motion – PROM → Restrict motion to 9 Rotation to stomach Therapeutic Exercise Elbow/Wrist/Hand Grip Strengthening 	Range of Motion n, Internal/External Rotation exercises with elbow at side
 Therapeutic Exercise Advance isometrics Continue with Elbox 	Forward Flexion, Internal/External Rotation to full motion as tolerated from Phase I to use of a theraband within AROM limitations w/Wrist/Hand Range of Motion and Grip Strengthening ions and Scapular Stabilizing Exercises (traps/rhomboids/levator scapula) action
 Therapeutic Exercise – Adv 8-12 repetitions/2-3 	
 Sport/Work specific Return to throwing Return to sports at of Modalities per PT discretion 	ance exercises in Phase III (strengthening 3x per week) c rehabilitation at 4.5 months 6 months if approved
Comments: Frequency: times per we	oek Duration: weeks

Date: _____

Signature: _____