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**OPEN BANKART REPAIR and/or CAPSULAR SHIFT
Rehabilitation Protocol**

Introduction

- **Goal:** Reestablish range of motion (ROM) without stressing anterior capsule or labral repair.
- Full recovery may take 12 months.
- The subscapularis is detached at the beginning of the procedure and then reattached at the end of the procedure. Therefore, **active** internal rotation (IR) strengthening or **passive** external rotation (ER) must not occur during the first 6 weeks.
- May return to tennis and swimming (e.g. breaststroke) at 3 months.
- May return to contact sports and weight lifting at 6 months.

Phase I – Protective (0 to 3 weeks)

- Active assisted forward elevation (FE) with pulleys, progressively increase to 90 degrees.
- Start pendulum exercise taught for passive ROM only.
- Isometric ER with elbow at side and forearm on the stomach.
- Isometric abduction with the elbow at the side.
- Active assisted ER to 0 degrees.
- Passive IR exercise.
- Active ROM of scapula (elevation, depression, protraction, retraction), elbow (flexion, extension, pronation, supination), wrist and digits (putty exercises).
- Patient should wear sling during the day and sling and swathe to sleep.

Phase II (3 to 6 weeks)

- Increase active assisted FE with pulleys to 140 degrees.
- Start adduction stretching, with arm pulled across the body.

Phase III (6 to 9 weeks)

- Start active assisted ER with elbow at side to 30 degrees.
- Start active assisted abduction to 90 degrees.

- Start active IR.
- Increase FE with the pulleys to equal contralateral shoulder.
- Gentle mobilizations (grade I & II) for pain relief.

Phase IV-Strengthening Phase (9 to 16 weeks)

- Start rotator cuff strengthening exercise, including active IR.
- Increase active assisted abduction to equal contralateral shoulder.
- Aggressive mobilization (Grade III & IV) for increasing ROM.
- Total gym - lat pulldowns, rowing exercises, pullovers.
- Upper Body Ergometer (UBE) for endurance.
- Closed kinetic chain exercises (CKC) as directed by therapist.
- Work on any focal deficits.