



POST-OPERATIVE SHOULDER ANTERIOR STABILIZATION GUIDELINES (Anterior Capsule Repair, Bankart Repair)

Phase 1: Recovery (Week 1)

PRECAUTIONS

Nonweightbearing in sling for 4 weeks. Avoid stress on anterior shoulder joint

If combined with bicep tenodesis, no biceps strengthening for 8 weeks. Distal (elbow, forearm, wrist) range of motion exercises allowed.

TREATMENT RECOMMENDATIONS

Gripping and hand AROM
Postural awareness
Elbow P/AROM
Wrist AROM: flexion/extension/pronation/supination

Range of Motion:

Week 1: external rotation (ER) to neutral, elevation in scapular plane 60°

Exercises

Deltoid/cuff isometrics

CRITERIA FOR ADVANCEMENT

Decreasing discomfort at rest

EMPHASIZE

Protection of the repair
Reduction of tissue irritability
Prevention of muscle atrophy



POST-OPERATIVE SHOULDER ANTERIOR STABILIZATION GUIDELINES

Phase 2: Intermediate (Weeks 2-5)

PRECAUTIONS

Nonweightbearing in sling for 4 weeks post-op. Monitor for shoulder stiffness
No forced PROM

TREATMENT RECOMMENDATIONS

ROM Goals – Passive, Active Assisted only. DO NOT FORCE BUT ASSESS FOR STIFFNESS

- Elevation in scapular plane: 90° → progress to 145° by week 6
- ER in scapular plane: 5°-10° → progress to 60° by week 6
- Internal rotation (IR) in scapular plane: 30°-45° → progress to 60° by week 6
- Abduction: 0°- 90° first 6 weeks (gentle motion)

Exercises

- Deltoid, Cuff, Scapular Isometrics
- Elbow AROM
- Rhythmic stabilization ER/IR with PT
- Progress to cuff isotonic by week 6
- Week 5-6: Scapular strengthening
 - Prone row, prone extension

CRITERIA FOR ADVANCEMENT

120° shoulder elevation PROM; 45° ER in scapular plane
Tolerance of scapular and RC exercises without discomfort

EMPHASIZE

Reduction in tissue irritability
Activation of rotator cuff and scapula stabilizers



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Phase 3: Advanced (Weeks 6-15)

PRECAUTIONS

Progress WB as tolerated No forced
PROM
No painful activities

TREATMENT RECOMMENDATIONS

ROM Goals

- Initiate light and pain free ER at 90° shoulder abduction
 - Progress to 30° abduction
- Flexion 160°-180°
- ER at 90° abduction: 75°-90° → progress to 115 by week 15
- IR at 90° abduction: 70°-75°

Flexibility: Posterior shoulder stretch at PT discretion

Exercises

Progress above
Throwers Ten
Advanced Throwers Ten
Scapular stabilization

- Closed chain quadruped double arm protraction
- Prone "T, I" and progress to "Y" and "W" as ROM allows

End range stabilization using exercise blade/perturbations
Shoulder endurance exercise
UE ergometry (if ROM allows)
Core strength/kinetic linking
Weeks 10-16

- 90°/90° ER/IR strengthening

CRITERIA FOR ADVANCEMENT

Full shoulder AROM
4/5 strength below shoulder height

EMPHASIZE

Full P/AROM
Restoration of scapular and rotator cuff balance and endurance



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Phase 4: Pylometric (Weeks 16-19)

PRECAUTIONS

No painful activities

TREATMENT RECOMMENDATIONS

Continue shoulder RC and scapular stabilization exercises
Continue and progress all Advanced Thrower's Ten exercises
Initiate pylometrics as tolerated

- Pylometric progression (over 4 week period)
 - Double hand chest pass
 - Double hand overhead soccer pass
 - Double hand chops
 - Single hand IR at 0° abduction
 - Eccentric catch
 - Single hand 90/90 IR
- Endurance progression
 - Double hand overhead wall taps
 - Single arm 90/90 wall taps
 - Single arm 12 o'clock to 3 o'clock wall taps
 - Exercise blade in multiple sessions

CRITERIA FOR ADVANCEMENT

Full shoulder AROM

Symptom free progression through pylometrics and endurance program

EMPHASIZE

Shoulder flexibility, strength, and endurance

Pain free plyometrics



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Phase 5: Return to Performance Progression (5 months+)

PRECAUTIONS

All progressions should be pain-free
Monitor for loss of strength and flexibility

TREATMENT RECOMMENDATIONS

Initiate interval sports programs at 5 months
Continue with all upper and lower extremity flexibility exercises
Continue with advanced shoulder and scapular strengthening exercises
Gradually progress sports activities
Monitor workload

CRITERIA FOR RETURN TO PARTICIPATION

Symptom free progression through interval sports program
Independent with all arm care exercises

EMPHASIZE

Return to sports activity