



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

Physician Signature

Date

Physician Signature

Date

Physician Signature

Date

