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ARTHROSCOPIC ANTERIOR STABILIZATION/BANKART LABRAL REPAIR REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-6 weeks	**0-2 weeks**: None **2-4 weeks**: PROM 0-90, ER 30 **4-6 weeks:** PROM 0-120, ER 30	**0-4 weeks**: Immobilized at all times day and night Off for hygiene and gentle exercise only **4-6 weeks**: Worn daytime only	**0-2 weeks**: elbow/wrist ROM, grip strengthening at home only **2-6 weeks**: Begin submaximal isometrics for deltoid and rotator cuff. Avoid stretch of anterior capsule and extension, no abduction and ER. Closed chain scapula.
PHASE II 6-12 weeks	Begin active/active assistive ROM, PROM to tolerance Avoid maximal abduction + external rotation	None	Continue Phase I work; begin active- assisted exercises Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff*
PHASE III 12-16 weeks	Full Begin strengthening at >90 degrees	None	Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Cycling/running okay at 12 weeks
PHASE IV 4-5 months**	Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening Begin plyometric and throwing/racquet program, continue with endurance activities Maintain ROM and flexibility
PHASE V 5-7 months	Full and pain-free	None	Progress Phase IV activities, return to full activity as tolerated

*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II
**Limited return to sports activities