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***Arthroscopic Bankart Repair/Inferior Capsular Shift***

**Phase 1: Protective Phase (0-6 weeks)**

**0-4 weeks:**

- Immobilization in sling
- Once the nerve block wears off, remove the sling to do flexion and extension exercises of the elbow, but do not move the shoulder
- Ice and pain modalities
- Progressive resistive exercises of elbow and wrist with shoulder stabilized
- Begin gentle pendulum exercises at 2 weeks
- Grip strengthening exercises

**4-6 weeks:**

- Continue sling immobilization when not doing the exercises
- ER ROM to 30° with arm at side
- Abduction in scapular plane to 90°
- Once 90° flexion achieved, begin serratus strengthening in supine
- Address SC, AC, and Scapulothoracic mobility
- Scapulothoracic strengthening
- Posterior glides to decrease capsule tightness(4-6wks)
- Increase ROM PROM →AAROM via (pulley, cane, towel, etc.)
- Submaximal rhythmic stabilization (IR/ER) for neuro reeducation

**Phase 2: Intermediate Phase (6-10 weeks)**

- Discontinue the sling
- Begin isometrics in neutral for Abd, Flex, Ext.  
Progress to isotonic
- Joint mobilizations
- Gradual A→AA→PROM to improve ER ROM (may begin ER at 45° of abduction)
- AA→Active ROM for IR, ER, Flex, Abd, Horizontal Add
- Progressive resistive exercises for scapular stabilizers (emphasis on scapular retraction/protraction)
- Use positions to protect anterior capsule from undue stress
- Keep strengthening exercises below 90° flexion

**Phase 3: Progressive Strengthening Phase (10-16 weeks)**

- PROM @ 90/90
- AROM exercises to regain full ROM
- Wall push-ups
- Normalize Scapulo-humeral rhythm
- Begin isotonic and isokinetic strengthening exercises
- Begin strengthening at 90° abduction (at end of this stage)
- Begin plyometric with throwback

**Phase 4: Return to Activity Phase (16-24 weeks)**

- Begin racquet/throwing program
- Isokinetic test
- Overhead activities
- Pushups
- Continue with strengthening exercises

**Return to Play Criteria:**

- Confidence in shoulder
- Pain free ROM
- Strength at least 90% of contralateral side