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ARTHROSCOPIC BANKART/CAPSULAR SHIFT PROCEDURE PHYSICAL THERAPY PROTOCOL

WEEK 0-3 pendulums, ROM elbow, wrist and hand PROM: scapular plane elevation to 90dg; ER to neutral
Scapula AROM: elevation and retraction

WEEK 3-4 PROM: scapular plane elevation to 140dg; ER to 30dg; IR AAROM: scapular plane elevation and
ER to above limits
Pulleys
Scaption isometrics @ 30dg (against gravity)

WEEK 4-6 PROM: scapular plane elevation to 165dg; ER to 40dg
AROM: scaption- supine @ 4wks, standing @ 5wks Sidelying ER
Bodyblade: scaption @ 0dg, ER/IR - * not aggressive*
Dynamic weight bearing on ball (bilateral)

WEEK 6-8 PROM: scapular plane elevation to full; ER to 60dg
ER/IR with resistive tubing
ER/IR standing with weight Resisted scaption
Upper Body Ergometer
PNF D2 diagonal – AROM to light resistance

WEEK 8-10 PROM: to tolerance including cocking (ER @ 90dg ABD)
Bodyblade horizontal abd/add
Supine cocking with weight (eccentric emphasis)
Supine PNF D2 diagonal with weight (eccentric emphasis)
Dynamic weight bearing on ball (unilateral)

WEEK 10+ Rebounder cocking and backhand toss
Push ups
Increase speed of training
Increase emphasis on eccentric control of cocking