

Anterior Capsular Shift/ Bankart-Type Repair

1. Acute Phase:

(0-4 weeks):

Precautions:

- Avoid shoulder active range of motion (i.e. overhead activities per physician orders)
- Continue use of sling (during standing activities or support arm during sitting and lying with pillows)
- Avoid AROM into IR
- No ER beyond 45 degrees at 0 ABD and no ABD beyond 90

Therapeutic Exercises:

- Neck flexibility
- Elbow and forearm AROM
- Pulley: forward flexion to tolerance and abduction limited to 90 degrees.
- Pendulum exercises
- Gripping exercises: therapy balls, grippers
- Cane AAROM: ER limited to 45 degrees at 0 ABD, FF to tolerance, scaption limited to 90 degrees.
- Table slides
- Passive range of motion limit ER to 45 at 0 ABD and limit ABD to 90.
- Deep friction massage to scar

(4 weeks):

- Discontinue routine use of sling at 4 weeks post-operatively
- Follow above precautions as indicated by physician

Therapeutic Exercises:

- Resistive elbow, wrist, and hand therapeutic exercises
- Begin gentle isometrics: FF, ABD, ER, EXT
- Pulleys: AAROM flexion and scaption to tolerance
- Cane: FF, ABD, IR, and ER at 0 ABD to tolerance
- Wall slides into FF and ABD
- PROM to tolerance in all planes other than ER at 0 ABD only
- Perform DFM to scar
- Isotonic/tubing: scapular retractions
- AROM: ER sidelying, supine FF, and side lying ABD
- AROM progress to standing FF and ABD (demonstrating good scapulohumeral rhythm/biomechanics)
- 4 weeks: begin light isotonic/tubing resistive strengthening into

shoulder EXT, ADD, and ER)

-Perform rhythmic stabilization: FF/EXT (at 100 degrees of FF) and IR/ER (at 45 degrees of ABD)

2. Subacute Phase:

(6 weeks):

- PROM (achieve 80-90% of available range)
- Advance external rotation ROM as tolerated at 90 ABD
- Continue isotonic/tubing therapeutic exercise program
- Add IR strengthening
- Advance strengthening (prone FF, EXT, and horizontal ABD with dumbbells; advance IR/ER strengthening to 90 degrees of ABD)
- Continue rhythmic stabilization
- Initiate closed chain stabilization exercises in standing (i.e. wall pushups)

(10 weeks):

- PROM (full range)
- Continue isotonic strengthening rotator cuff and scapular stabilizers
- Progress closed chain stabilization exercises against body weight (i.e. table pushups progressing to floor, swiss ball)

3. Dynamic Strengthening Phase/Remodeling Phase:

(10+ weeks):

- Advance flexibility, strength, power, and endurance training
- PNF patterns with resistance
- Throwers 90/90 IR and ER (slow/fast sets)
- CKC strengthening and stabilization therapeutic exercise progressions
- At 12-15 weeks: initiate plyometrics (D2 extension plyometrics/ER and IR (at 90 degrees of ABD) plyometrics)
- Begin sports specific activities
- Return to sports per physician's orders