



UE Protocol Exceptions

Surgical

Bicep Tenodesis

- For 8 weeks, only active elbow flexion
- After 8 weeks, gradually progress resistance as tolerated

Posterior Bankart Repair

- Follow anterior stabilization protocol
 - ER limited only if anterior stabilization is performed
- For 3-4 weeks, no IR past 0 degrees
- After 4 weeks, progress IR as tolerated:

Subscapularis Repair

- Same precautions and limitations apply for repair with TSA, RCR, or other shoulder surgical intervention
- Phase I (1-5 days post-op): No ER
- Phase II (5 days – 4 weeks post-op)
 - Gradually progress AAROM ER to 40 degrees
 - No active IR
 - No passive ER
 - No active extension
- Phase III (4-10 weeks post-op)
 - By 6 weeks, progress active ER to 60 degrees
 - At 6 weeks, begin active IR and extension
- Phase IV (10+ weeks post-op)
 - No limitation for ER ROM
 - Begin resisted IR strengthening

Subscapularis Debridement

- No limitations

Adapted From:

- 1) Wilk KE, Reinold MM, Andrews, JR. Arthroscopic Posterior Bankart Repair. Winchester MA: Advanced Continuing Education Institute, 2004.