

Open Anterior Capsular Shift or Bankart Repair Post-Surgical Rehabilitation Protocol (subscapularis involvement)

	<p><u>BICEPS TENODESIS PRECAUTIONS:</u></p> <ol style="list-style-type: none"> 1. No Resisted elbow flexion for 8 weeks 2. No Resisted shoulder flexion for 8 weeks
<p>Only follow if checked</p>	

I. Phase I – Protection Phase (Week 0 – 6)

Goals: Protect surgical site

Initiate ROM to prevent adhesions and increase circulation

Initiate muscle contraction to enhance dynamic stability

Decrease pain/inflammation

General considerations:

1. Wear immobilizer / sling for 4–6 weeks including sleep
2. No overhead activities for 4-6 weeks
3. **No active / resisted IR until 6 weeks**
4. No active or passive extension for 4 – 6 weeks

A. Week 0 – 2

1. Pendulum exercises (gentle: goal is not motion)
2. PROM / AAROM
 - a. Pulley or supine stretching
 1. Shoulder flexion to 90°
 2. ER (at 20° ABD) to 30°
 3. Passive IR in scapular plane to tolerance
 4. ABD to 60° (in scapular plane)
 - b. Cane exercises
 1. ER to 20° in scapular plane
 2. Shoulder flexion to 90°
3. Wrist, elbow, and cervical spine AROM
4. Submaximal isometrics at 0° ABD with towel roll
 Shoulder ER, Ext., flex, and ABD (**IR at week 6**)
5. Grip and wrist strength
6. Scapular retractions and depression
7. Cryotherapy

B. Week 3 - 4

Goals: Gradually increase ROM and strength
Normalize arthrokinematics and scapulohumeral rhythm
Decrease pain and inflammation

1. PROM and AAROM
 - a. Shoulder flexion to tolerance 120° to 140°
 - b. ER to 45° in scapular plane
 - c. Passive IR to 60° in scapular plane
 - d. Shoulder horizontal adduction (gentle)
2. AAROM (Cane and pulley exercises within ROM limits)
3. Supine active flexion
4. Gentle joint mobilization (GH, SC, and scapulothoracic)
5. Theraband ER at 0° of ABD (**IR starts at week 6**)
6. Multi-angle isometrics progressive resistance
7. Scapular strengthening (seated rows) and PNF
8. General conditioning (CV, trunk, and LE's)
9. Cryotherapy and modalities as needed

C. Week 5 - 6

1. PROM and AAROM
 - a. Shoulder flexion to 160° by week 6
 - b. Shoulder extension to 30° by week 6
 - c. ER to 60° and IR to 75° by week 6
 - d. ER/IR at 90° ABD to tolerance
2. Standing AROM for flexion and scaption (avoid shoulder hiking)
3. Upper body ergometer (UBE) no resistance
4. Posterior capsular stretching
5. Grade II and III joint mobilizations - posterior and inferior
6. Closed Kinetic Chain exercises (prone on elbows, quadruped, etc)
7. Begin theraband ER at 0° ABD
8. Initiate light resistance isotonic
 - a. Biceps / triceps
 - b. Prone Rowing and extension (**to neutral**)
 - c. Serratus punches

II. Phase II – Intermediate Phase (Week 6 – 12)

Goals: **Full non-painful ROM by week 10**

Normalize arthrokinematics
Increase strength
Improve neuromuscular control
Begin active and resistive IR

A. Week 6 - 8

1. AROM/PROM – progress to full ROM by week 10:
2. Continue joint mobilizations and capsular stretches
3. Isotonic dumbbell program
Supine and Sidelying IR/ER, Shoulder ABD,
Shoulder shrugs, Biceps/triceps, Serratus punches
4. Supine IR/ER theraband up to 60° ABD
5. Rhythmic stabilization for IR/ER at 45° ABD
6. Supraspinatus (progress from full can to empty can)
7. PNF – D2 diagonals with isometric holds (gentle)
8. UBE

B. Week 9 -12

1. Continue all above exercises
2. Prone extension, lower trap, and horizontal ABD (thumb up and down)
3. Aggressive stretching and joint mobilization, if needed
4. PNF – progress from manual resistance to theraband
5. Push-up (plus) progression (wall, counter, table, knees) (**week 10**)
6. Latissimus pulldowns in front of body
7. Bodyblade (start with arm down by side)
8. Double hand plyometrics (chest pass – **light resistance**)

III. Advanced Strengthening Phase (Week 12 – 20)**A. Week 12 – 16**

1. Continue self capsular stretches
2. Theraband IR/ER in 90/90 position (slow and fast)
3. Continue all isotonic strengthening
4. Progress to floor push-ups (plus) with BOSU
5. Progress neuromuscular control exercises
6. One hand plyometrics (ball toss, ball on wall)

B. Week 16 -20

1. Continue all above exercises
2. Initiate interval sports program
3. Progress plyometrics
 - a. ER and IR at 90° ABD
 - b. D2 extension plyometrics
 - c. Biceps plyometrics
4. Eccentric exercises
 - a. Plyoball
 - b. Deceleration tosses
 - c. Theraband
5. Shoulder and bench press
 - a. Don't allow elbow to extend past plane of thorax

***Developed and approved by Rolando Izquierdo, M.D. (Updated March 2016)**