

## OPEN ANTERIOR SHOULDER STABILIZATION (OPEN BANKART REPAIR OR GLENOID FRACTURE ORIF) PT PROTOCOL

	BRACE INSTRUCTIONS AND RESTRICTIONS	RANGE OF MOTION GOALS	PT EXERCISES/NOTES
<b>PHASE 1</b> <b>First 6 Weeks</b> <b>(0-6)</b> 1-2 Sessions/week Begin after 2 weeks	<ul style="list-style-type: none"> <li>- <b>Shoulder immobilizer x 6 weeks full time except hygiene and PT exercises; may remove at night after 4 weeks</b></li> <li>- No AROM x <b>6 weeks</b></li> <li>- Limit ER to passive 30 deg</li> <li>- No active IR or extension</li> </ul>	<ul style="list-style-type: none"> <li>- Begin PROM <b>after 2 weeks</b> (Goal of 135 deg FF, 120 deg Abduction, 30 deg ER <b>by 6 weeks</b>)</li> </ul>	<ul style="list-style-type: none"> <li>- Elbow/wrist ROM exercises, grip</li> <li>- Codman's, posterior capsule mobilizations, closed chain scapula exercises <b>after 2 weeks</b></li> </ul>
<b>PHASE 2</b> <b>Second 6 Weeks</b> <b>(6-12)</b> 1-2 Sessions/week	<ul style="list-style-type: none"> <li>- <b>Out of brace</b></li> <li>- Avoid resisted internal rotation exercises of the shoulder <b>until 8 weeks</b></li> </ul>	<ul style="list-style-type: none"> <li>- Continue with PROM to reach full ROM and appropriate joint mobilizations</li> <li>- Advance to AAROM/AROM <b>at 6 weeks</b></li> </ul>	<ul style="list-style-type: none"> <li>- Wands/pulleys/wall climbs</li> <li>- Begin light resisted ER, FF, and abduction <b>at 6 weeks</b></li> <li>- Begin light resisted IR, extension, scapular retraction</li> </ul>
<b>PHASE 3</b> <b>Third 6 Weeks</b> <b>(12-18)</b> Sessions once/week or once every other week		<ul style="list-style-type: none"> <li>- Full AROM in all planes</li> </ul>	<ul style="list-style-type: none"> <li>- Progress PREs (light weight, high repetition)</li> <li>- Focus on anterior deltoid and teres major exercises</li> <li>- Neuromuscular and proprioceptive training</li> <li>- Aerobic conditioning and preparation for return to work/sport and ADLs</li> <li>- Cycling and running as tolerated</li> </ul>

<b>PHASE 4</b> <b>18 Weeks +</b> Sessions as needed Transition to home exercise program		<ul style="list-style-type: none"> <li>- Sport and work specific exercises</li> </ul>	<ul style="list-style-type: none"> <li>- Aggressive scapular stabilization and eccentric strengthening</li> <li>- Begin plyometric exercises</li> <li>- Improve neuromuscular control and shoulder proprioception</li> <li>- Advance to home exercise program 3 times/week and daily shoulder stretching</li> <li>- Return to sport <b>after 4-5 months</b> (contact sports <b>after 6 months</b>) once clear by MD</li> </ul>
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This protocol is intended for the purposes of guiding post-surgical or post-injury rehabilitation exercises and goals. These guidelines may be interpreted by a certified physical or occupation therapist and tailored to meet patient specific goals and expectations. Other specific modifications may be made by Dr. Butterfield depending on adjuvant surgical procedures, surgical findings, or rehabilitation progress.

Please fax initial physical therapy assessment and progress notes to Dr. Butterfield at 763-717-4139. You may direct questions regarding this protocol or patient progress to our office at 763-786-9543.