

## ARTHROSCOPIC BANKART/CAPSULAR SHIFT

**WEEK 0-3** Pendulums, ROM elbow, wrist and hand PROM: scapular plane elevation to 90°; ER to neutral

- Scapula AROM: elevation and retraction

**WEEK 3-4** PROM: scapular plane elevation to 140°; ER to 30°; IR AAROM: scapular plane elevation and ER to above limits

- Pulleys
- Scaption isometrics @ 30° (against gravity)

**WEEK 4-6** PROM: scapular plane elevation to 165°; ER to 40°

- AROM: scaption- supine @ 4wks, standing @ 5wks Sidelying
- ER Bodyblade: scaption @ 0°, ER/IR - \* not aggressive\*
- Dynamic weight bearing on ball (bilateral)

**WEEK 6-8** PROM: scapular plane elevation to full; ER to 60°

- 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 @ 90° 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