

PHASE	PRECAUTIONS	GOALS	THERAPEUTIC EXERCISE	CRITERIA TO PROGRESS
PHASE I — Weeks 0–4				
Wks 0–4	- No shoulder AROM - No lifting - No supporting body weight with hands - Sling at all times, including sleep - Remove sling for shower and PT only	- Protect surgical repair & wound care - Reduce pain and swelling 90° shoulder PROM forward elevation 20° PROM ER & IR in scapular plane - Palpable muscle contraction in scapular/shoulder musculature	- PROM: ER <20° scapular plane, forward elevation <90°, pendulums, seated GH flexion table slide - AROM: elbow, hand, wrist - AAROM: active assistive shoulder flexion, shoulder flexion with cane, cane ER stretch - Wk 2+: Periscapular scap retraction, prone scapular retraction, standing scapular setting - Wk 2+: Supported scapular setting, inferior glide, low row, ball squeeze - Heat before / Ice after PT	90° shoulder PROM forward elevation 20° shoulder PROM ER and IR in scapular plane - Palpable muscle contraction in scapular and shoulder musculature - No complications with Phase 1
PHASE II — Weeks 4–6				
Wks 4–6	- Discontinue sling - No lifting or supporting body weight - Reduce swelling	- Increase forward flexion toward full motion - Increase IR/ER toward full ROM as tolerated - PROM: ER <50° scapular plane, ER@90° ABD <45°, forward elevation <135°	- PROM: Horizontal table slide - AAROM: Washcloth press-up, seated table slides, seated shoulder elevation with cane, wall climbs - AROM: Elevation <115°, supine flexion, salutes, supine punch, seated shoulder elevation with cane and active lowering - Strengthening: IR/ER isometrics for rotator cuff, periscapular exercises - Advance isometrics from Phase 1 to theraband within AROM limitations - Prone extension and scapular stabilizing exercises (traps/rhomboids/levator); gentle joint mobilization - Heat before / Ice after PT	- Forward elevation AROM ≥115° - ER ROM progressing toward 50° in scapular plane - Good scapular control with shoulder movement - Minimal pain with daily activities
PHASE III — Weeks 6–12				
Wks 6–12	- Avoid end-range ER loading - No overhead throwing or contact sport	- Gradual return to full ROM - Full functional use of arm - Progress rotator cuff and periscapular strength	- Advance theraband exercises to light weights (1–5 lbs) 8–12 reps / 2–3 sets: rotator cuff, deltoid, scapular stabilizers - Continue periscapular strengthening — traps, rhomboids, serratus anterior - Proprioception and neuromuscular re-education - Functional movement patterns — reaching, overhead; Heat / Ice as needed	- Full pain-free ROM - Rotator cuff strength ≥70% contralateral - Good scapular stability with overhead activity - No pain with functional use of arm
PHASE IV — Months 3–6 — Return to Activity				
Mos 3–6	No return to contact or overhead sport without MD clearance	- Maintain pain-free ROM - Enhance functional use of arm - Return to sport/work-specific activities	- Advance Phase III strengthening (3× per week) - Sport/work-specific rehabilitation - Return to throwing program at 4.5 months - Plyometric and sport-specific drills as tolerated - Return to full sport at 6 months if approved by MD	- Full pain-free ROM - Rotator cuff strength ≥90% contralateral - Satisfactory clinical exam - MD clearance for return to sport - Return to sport at 6 months

Heat before / Ice after all PT sessions

**ROM restrictions may be modified based on intraoperative findings | *Protocol applies to arthroscopic Bankart repair; modifications may be made for bony Bankart or concomitant procedures*