

Name: _____ Date of Birth: _____

Diagnosis: Shoulder Instability Code: M25.31

Procedure: Open Bankart Repair w/ capsular shift Surgery Date: _____

In order for University of Utah Health Care to complete this referral, please fax the patient's first consult notes to the University of Utah Orthopaedic Center at 801-581-4404. Thank you.

Timing of each phase varies based on individual patient factors, length of time immobilized, strength/ROM status, and expected performance/activity demands.

Phase I: Protect the Subscapularis (0 to 6 weeks)

- Ice or cold flow systems encouraged for the first week at a minimum
- Sling should be worn at all times other than showering, getting dressed, and physical therapy
- Do not lift anything greater than 3 lbs with the surgical arm
- Exercise program (home or with therapist)
 - Immediate elbow, forearm and hand range of motion out of sling
 - Pendulum exercises at 2 weeks
 - Active Assisted ROM (AAROM): pulleys in scapular plane FE to 140° and ER to 30°
 - Supine AAROM into flexion and ER with above limits.
 - Passive IR and shoulder adduction stretching exercises allowed
 - Gentle scapular motion exercises
 - Emphasize home program
- Protect the subscapularis repair
 - Limit ER to 30°
 - No active or resisted IR
 - Avoid extension of shoulder
 - Avoid reaching behind back

Phase II: Active ROM (6 weeks to 12 weeks)

- Discontinue sling
- Lifting restriction of 10 lbs
- Advance active ROM and passive ROM as tolerated
 - Maintain ER limit of 30° until 10 weeks
 - Advance forward elevation as tolerated
- Scapular stabilizer strengthening
- Isometric rotator cuff and shoulder strengthening only
 - AVOID PASSIVE ER PAST 30° UNTIL 10 WEEKS
 - AVOID RESISTED IR OR EXTENSION UNTIL 10 WEEKS

Phase III: Strengthening (>12 weeks)

- Advance shoulder ER range of motion as tolerated
- Initiate subscapularis strengthening (resisted IR and extension)
- Advance shoulder and rotator cuff strengthening as tolerated
- Incorporate low level functional activities at 3 months
 - Swimming, water aerobics, light tennis, jogging
- Start higher level activities at 4-5 months
 - Tennis, light weight training, golf
- Initiate functional progression to sports specific activities at 4 months

Modalities per Therapist

Freq: 1-3x/week

Duration: 8-12 weeks

Signature _____