



Anterior Inferior Capsular Shift
Labral repair (Bankart)
Right M 24.411 Left M 24.412

Weeks 0-6 Healing and Protective phase:

- The sling should be worn about 90% of the time. Patient can come out of the sling and use the hand for eating and typing. You must wear the sling to sleep at night.

After week 2, start Physical Therapy

- PROM only 1 visit per week.

Weeks 6-9: Motion phase

- **Sling:** Wean at week 6.
- **ROM goals:**
 - PROM and AROM
 - Forward flexion: full
 - Internal rotation: full
 - External rotation to full

Strengthening:

- Isometric strengthening

Weeks 9 -10: Strengthening phase

- **ROM goals:** Progressed to full functional ROM.
- **Therapeutic exercise:**
 - ROM exercise: Cane, pulley, towel IR stretch.
 - Strengthening: Isotonics in functional motion, integrate rotator cuff with scapular stabilization
 - Scapular stabilization: With resistance

Weeks 10 -12+: Advanced functional phase

- **Range of motion goals:** Full motion
- Begin strengthening