



DR. SAFRAN'S THERAPY PROTOCOL
ARTHROSCOPIC SLAP / POSTERIOR BANKART

I. MAXIMAL PROTECTION PHASE (0 - 4 Weeks)

- A. Gunslinger Brace at All Times
- B. No Passive or Active Shoulder Motion
- C. Isometrics at 90-90: ER, IR, Flexion, Extension, ABduction
- D. Ice or TENS for pain control
- E. Active movement -
 - 1. Elbow flexion – extension
No resistance for flexion other than gravity
 - 2. Wrist Flexion/Extension and Supination / Pronation
No Resistance for supination
 - 3. Ball Squeeze / Grip strengthening
 - 4. Scapular Retraction
- F. Recommended sleeping/resting position if pain is persistent:
 - 1. Semi-reclined position, pillow support for arm so that arm is parallel to body
- G. Electrical Stimulation to rotator cuff (electrode sites at supraspinatus and posterior, mid or anterior deltoid)
 - 1. Dosage 15 seconds on, 35 seconds off for 15 minutes once/day
- H. **PRECAUTIONS –**
 - NO Internal Rotation
 - No Horizontal Adduction
 - No Overhead Activities
 - No Resisted Elbow Flexion
 - No Resisted Elbow Supination

II. MODERATE PROTECTION PHASE (5 - 6 Weeks)

- A. ROM
 - 1. Supine Flexion to 120 degrees max (may be AAROM w/ wand)
 - 2. External Rotation in adduction and 90 degrees abduction – to tolerance
 - 3. IR in plane of Scapula – 30 degrees
 - 4. No IR behind back
 - 5. No IR at 90 degrees of flexion or abduction
 - 6. No Horizontal ADduction
- B. STRENGTHENING
 - 1. Continue Isometrics: ER, IR, Flexion, Extension, Abduction
 - 2. Side Lying ER
 - 3. Prone Row
 - 4. Prone Extension
 - 5. Standing FE to 90 degrees
 - 6. Theraband – ER and IR (but limit IR to Neutral)
- C. Active Elbow Exercises – No Resistance for Flexion
- D. Active Wrist Exercises – No Resistance for Supination