

**Balazs Galdi, M.D.**  
140 Bergen Street, ACC D1610  
Newark, NJ 07103  
Tel: (973) 972-8240  
Fax: (973) 972-9367

**ARTHROSCOPIC BANKART/CAPSULAR SHIFT  
POST-OPERATIVE PHYSICAL THERAPY PROTOCOL**

- WEEK 0-3** Pendulums, ROM elbow, wrist and hand  
PROM: scapular plane elevation to 90dg; ER to neutral  
Scapula AROM: elevation and retraction
- WEEK 3-4** PROM: scapular plane elevation to 140dg; ER to 30dg; IR  
AAROM: scapular plane elevation and ER to above limits  
Pulleys  
Scaption isometrics @ 30dg (against gravity)
- WEEK 4-6** PROM: scapular plane elevation to 165dg; ER to 40dg  
AROM: scaption- supine @ 4wks, standing @ 5wks  
Sidelying ER  
Bodyblade: scaption @ 0dg, ER/IR - \* not aggressive\*  
Dynamic weight bearing on ball (bilateral)
- WEEK 6-8** PROM: scapular plane elevation to full; ER to 60dg  
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 @ 90dg ABD)  
Bodyblade horizontal abd/add  
Supine cocking with weight (eccentric emphasis)  
Supine PNF D2 diagonal with weight (eccentric emphasis)  
Dynamic weightbearing on ball (unilateral)
- WEEK 10+** Rebounder cocking and backhand toss  
Push ups  
Increase speed of training  
Increase emphasis on eccentric control of cocking