

Bonnie P. Gregory, MD
OPEN BANKART (Subscapularis Repair Precautions)
REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	Therapeutic Exercises
<i>0-7 Days</i>	No Shoulder motion Gentle active assisted elbow motion Full wrist and hand motion	Worn at all times	Follow home exercise program provided. Scapular retractions Supported pendulums
<i>PHASE 1 1-4 Weeks</i>	Restrict motion to 90° FF 20° ER at side IR to stomach No cross arm ADD PROM → AAROM → AROM as tolerated	Worn at all times	Isometrics in the sling NO IR
<i>PHASE 2 4-8 Weeks</i>	160° FF ER at neutral: 0°- end range ER at 90° Not to exceed 90° with slow approach of 5°-10° per week IR behind back to waist Cross body ADD at 6wk	D/C at 4 Weeks	Strengthening (isometrics/light bands) within AROM limitations, horizontal abduction exercises Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc) **NO RESISTED IR for 3 months**
<i>PHASE 3 8-12 Weeks</i>	If ROM lacking, increase to full with gentle passive stretching at end ranges	None	Advance strengthening as tolerated **At 12 weeks may begin light resisted IR strengthening**

<p><i>PHASE 4</i> <i>3-12</i> <i>Months</i></p>	<p>Should have full ROM, if still lacking continue with gentle passive stretching at end ranges</p>	<p>None</p>	<ul style="list-style-type: none"> -Only do strengthening 3x/week to avoid rotator cuff tendonitis -Begin UE ergometer -Begin sports related rehab at 3-4.5 months, including advanced conditioning -Begin eccentrically resisted motions, plyometric (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 4.5 months. -Return to throwing at 5 ½ months -Throw from pitcher’s mound at 6 months -MMI is usually at 12 months
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For any questions or concerns regarding the protocol or rehabilitation process please contact:

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