

**REHABILITATION PROTOCOL FOR SHOULDER RECONSTRUCTIONS:  
MODIFIED BRISTOW PROCEDURE AND BANKART PROCEDURE**

**PHASE 1: PROTECTION PHASE (WEEKS 1-3)**

POD #1

1. Shoulder immobilized overnight
2. Begin pendulum exercises in sling.
3. AROM exercises for uninvolved joints
4. Postural correction as indicated

POD #3

1. Begin rotational exercises with elbow at side
2. Begin shoulder abduction to 90° (provide assistance as necessary)

POD #4-5

1. Return to clinic for suture removal and reevaluation

POD #7

Discontinue sling (may continue at night to help sleep)

Begin finger wall climb to 90° of flexion and abduction

Begin PROM exercises with physical therapist (shoulder ER and flexion to 90°, as well as, shoulder extension)

*NOTE: No active flexion (may cause loosening of coracoid transplant). At the end of 3 weeks, patient should be able to actively abduct and forward flex to 90° without difficulty.*

**PHASE II: INCREASE ROM PHASE (WEEKS 4-6)**

1. Continue previously prescribed exercises
2. Begin finger wall climb over head
3. Begin wand exercises and subscapularis strengthening exercises
4. Begin surgical tubing exercises: IR and ER to 90°

*NOTE: At the end of 6 weeks, patient should have near normal ROM except for ER.*

**PHASE III: STRENGTHENING PHASE (WEEK 7)**

1. Continue previously prescribed exercises
2. Begin PRE and /or isokinetic exercises
3. Begin PNF/surgical tubing exercises
4. Begin passive assisted ER, adducted, and abducted to 90°