

# UCSF Physical Therapy Referral

UCSF Sports Medicine at the Orthopaedic Institute  
Physical Therapy Prescription- Shoulder Instability surgery

Procedure: Arthroscopic Shoulder Stabilization/Bankart repair

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

EARLY POST OP (0-2 weeks)

GOALS:

Pain and swelling control

Begin passive motion program

EXERCISES/RESTRICTIONS:

Rest, ice to affected shoulder

Continue sling at all times except for bathing

Passive forward flexion to 90 degrees

Passive external rotation to 0 degrees

Scapula isokinetics

Pendulum exercises

No active elevation of arm

No lifting of objects with arm

PHASE I (2-6 weeks)

GOALS:

Healing of repair

Restoration of passive ROM

EXERCISES/RESTRICTIONS:

Sling at all times except bathing

Passive forward flexion to 120, ER to 0

Scapula isokinetics

Pendulum exercises

No active elevation of arm

No lifting of objects with arm

PHASE II (6-12 weeks)

GOALS:

Full ROM

EXERCISES/RESTRICTIONS:

Discontinue sling

Modalities for pain control

Passive/Active ROM

Biceps/Triceps strengthening

Scapular stabilization program

Rotator cuff strengthening program when FF > 90 and abduction >90

Avoid abduction/ER

Teach home program

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**UCSF Health**  
Sports Medicine

PHASE III (12-18 weeks)

GOALS:

Full ROM

Strength to 90% compared to other side

Beginning rotator cuff strengthening program

EXERCISES/RESTRICTIONS:

Continue with aggressive PT

Modalities for pain control

Passive/Active ROM

Biceps/Triceps strengthening

Scapular stabilization program

Rotator cuff program with weights

Teach home program

PHASE IV (>18 weeks)

GOALS:

Return to sport

EXERCISES/RESTRICTIONS:

Advance to sport specific activities

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