



**COLUMBIA UNIVERSITY
CENTER FOR SHOULDER,
ELBOW AND SPORTS
MEDICINE**

**ARTHROSCOPIC
BANKART/CAPSULAR SHIFT PROCEDURE
PHYSICAL THERAPY PROTOCOL**

Louis U. Bigliani, MD
Office (212) 305-5564
Fax (212) 305-0999

WEEK 0-3

pendulums, ROM elbow, wrist and hand
PROM: scapular plane elevation to 90dg; ER to neutral
Scapula AROM: elevation and retraction

Christopher S. Ahmad, MD
Office (212) 305-5561
Fax (212) 305-4040

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)

William N. Levine, MD
Office (212) 305-0762
Fax (212) 305-4040

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 weightbearing on ball (bilateral)

Charles M. Jobin, MD
Office (212) 305-6445
Fax (212) 305-4040

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

Appointment Scheduling
(212) 305-4565

Mailing Address:
622 West 168th Street, PH-11
New York, NY 10032

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)

Office Locations:
16 East 60th Street
New York, NY 10022

WEEK 10+

Rebounder cocking and backhand toss
Push ups

161 Ft. Washington Ave.
New York, NY 10032

500 Grand Avenue
Englewood, NJ 07631

Increase speed of training
Increase emphasis on eccentric control of cocking

www.nyp.org/columbiaortho