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Surgical repairs are commonly performed on patients who present with rotator cuff and/or labral lesions. Rehabilitation following surgical procedures must balance the restoration of motion and function while maintaining the desired result of the surgical repair. Several post-operative protocols have been developed to meet this goal; however they vary in both content and progression timelines, and there is a high degree of inconsistency in how protocols are interpreted. Physical therapists (PTs) do not always use and/or follow post-operative protocols; having a tendency to “fit the protocol to the patient” rather than the patient to the protocol. Thus, the lack of standardized physical therapy (PT) treatment following shoulder surgery makes it difficult to measure treatment effectiveness. Heterogeneous post-operative management also hinders the comparison of patient outcomes among different studies and surgical procedures.

Standardized, consensus and evidence derived, post-operative shoulder guidelines for patients following Arthroscopic Bankart and Arthroscopic/Mini-Open Rotator Cuff Repairs were developed by a multidisciplinary team that involved surgeons, physicians and rehabilitation professionals. The new shoulder rehabilitation guidelines were developed using a 6-step process:

- i. Evidence-based literature review on post-operative Bankart and Rotator Cuff repair rehabilitation
- ii. Collection of protocols from Edmonton-based shoulder surgeons
- iii. Development of a consensus/evidence document of current Bankart and Rotator Cuff repair protocols
- iv. Collection of a) key rehabilitation components within post-operative Bankart and Rotator Cuff repair protocols and b) feedback on the potential utility of guidelines from both physical therapists specializing in shoulder rehabilitation and community physical therapists
- v. Final approval of universal Bankart and Arthroscopic/Mini-Open Rotator Cuff Repair Rehabilitation Guidelines (by the development team)
- vi. Development of web-based information resource on Bankart and Arthroscopic/Mini-Open Rotator Cuff Repair Rehabilitation Guidelines

The overall objective of the development of post-operative shoulder rehabilitation guidelines was to provide a common platform from which surgeons, primary care physicians and PTs can work. We hope that the new guidelines will lead to improved, standardized care for post-operative shoulder patients as well as provide information that is *appropriate* (to the specific surgical procedure and specificity of the patient), *beneficial* and *worthwhile* (provide the user with useful, easy to interpret information).