

ANTERIOR INSTABILITY / BANKART REPAIR PROTOCOL

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____ Weeks 0-1: Home exercise program given post-op

____ Weeks 1-4:

- Restrict motion to 90° FF/ 20° ER at side/ IR to stomach/ 45° ABD, PROM → AAROM → AROM as tolerated
- No cross-body adduction until 6 weeks post-op
- Isometric in sling
- Sling for 4 weeks

____ Weeks 4-8:

- D/C sling at week 4
- Increase AROM 160° FF/ 45° ER at side/ 160° ABD/ IR behind back to waist
- Strengthening (isometrics/light bands) within AROM limitations, horizontal abduction exercises
- Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc)

____ Weeks 8-12:

- If ROM lacking, increase to full with gentle passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers

____ Months 3-12:

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin UE ergometer
- Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing at 4 ½ months
- Throw from pitcher’s mound at 6 months; Contact sports at 6-9 months

Modalities/Other:

Signature _____

Date: _____