ANTERIOR INSTABILITY/BANKART REPAIR PROTOCOL

Date of Surgery: _____

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 1/2 months
- Throw from pitcher's mound at 6 months; Contact sports at 6-9 months

Modalities/Other: