

Anterior Instability / Bankart Protocol

Name _____ Today's Date _____

Diagnosis _____ Surgery Date _____

Frequency: 1 2 3 4 5 times/week

Duration: 1 2 3 4 5 6 weeks

Side: R / L

Evaluate only Provide home exercise program (HEP)

Evaluate and Treat

- **PHASE 1:** Weeks 0-1: Home exercise program given post-op (Active Elbow, Wrist, and Hand Exercises)
- **PHASE 2:** Weeks 1-4 (Maximal Protection Phase):
 - Passive ROM only – avoid anterior and posterior capsular stretch
 - Restrict motion to 90° forward elevation in scapular plane, 20° ER at side, IR to stomach, 45° abduction
 - Avoid cross-body adduction until 6 weeks post-op
 - Isometrics (Deltoid/Rotator Cuff) in sling
 - Grip strength, AROM Elbow, Wrist, and Hand
 - Do NOT perform Codman exercises (pendulums)
 - Sling for 4 weeks, may remove to shower but keep arm in sling position and wash with non-operative arm.
 - Heat before and ice after PT sessions
- **PHASE 3:** Weeks 4-8 (Moderate Protection Phase):
 - D/C sling
 - Advance AAROM to AROM (begin with supine well-arm assisted ROM and progress as tolerated)
 - Do not force ROM with substitution patterns
 - Avoid combined active abduction and ER as this stresses the repair the most
 - Goal AROM (Week 8) - 140° forward elevation in scapular plane, 40° ER at side, IR behind back to waist
 - Strengthening
 - Isometrics, Progress to light bands within AROM limitations, horizontal abduction exercises
 - IR/ER isometrics (submaximal) with arm at side
 - Begin strengthening scapular stabilizers (especially trapezius, rhomboids, and levator scapulae)
- **PHASE 4:** Weeks 8-12 (Minimal Protection Phase):
 - If ROM lacking, can perform gentle passive stretching at end ranges
 - Initiate combined abduction and ER at week 10
 - ROM Goal (week 12) – Full forward elevation in scapular plane, 60° ER at side, 45° ER at 45° abduction. Increase as tolerated.
 - Full AROM all directions below horizontal with light resistance
 - Deltoid/Cuff strengthening - progress to isotonic
 - All strengthening exercises below horizontal

- **PHASE 5:** Months 3-12 (Strengthening Phase):
 - AROM as tolerated (including rotation) in all planes, No restrictions.
 - If ROM lacking, can perform gentle passive stretching at end ranges
 - Only do strengthening 3x/week to avoid rotator cuff tendonitis
 - Restore scapulothoracic rhythm
 - Aggressive scapular stabilization program
 - Initiate isotonic shoulder strengthening exercises including
 - Side lying ER, Prone arm raises at 0, 90, 120 degrees
 - Elevation in the plane of the scapula with IR and ER
 - Lat pulldown close grip and Prone ER
 - Begin UE ergometer
 - Begin eccentrically resisted motions, plyometrics (for example, weighted ball toss), proprioception (for example, body blade), and closed chain exercises at 3 months.
 - Begin sports related rehab at 3 months, including advanced conditioning
 - Begin interval throwing program at 4 ½ months
 - Throw from pitcher's mound at 6 months
 - MMI is usually at 9-12 months

Comments:

Modalities: ___ Per therapist ___ Electrical Stimulation ___ Ultrasound ___ Heat before/after ___ Ice before/after

___ Aquatherapy ___ Massage ___ Trigger points ___ ART (Active release techniques) Other _____

Signature _____ Date _____