



Brian Waterman M.D.
ORTHOPEDIC SURGERY

ANTERIOR INSTABILITY/ BANKART REPAIR PROTOCOL

Name: _____ **Date:** _____

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
- Hold cross-body adduction until 6 weeks post-op
- Isometric in sling
- Sling for 4 weeks
- Heat before/ice after PT sessions

Weeks 4-8:

- D/C sling @ week 4
- Increase AROM 140° FF/ 40° ER at side/ 60° 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)
- Physical modalities per PT discretion

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
- MMI is usually at 12 months

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities:

Electric Stimulation Ultrasound Iontophoresis Phonophoresis
 TENS Heat before/after Ice before/after Trigger points massage
 Therapist's discretion
 Other _____

Signature: _____ **Date:** _____