

ANTERIOR INSTABILITY / BANKART REPAIR PHYSICAL THERAPY PROTOCOL/PRESCRIPTION

Name: _____**Date:** _____**Diagnosis:** _____**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
- 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 à bands à 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 months
- Throw from pitchers mound at 6 months
- MMI is usually at 12 months

Comments:**Frequency:** _____ **times per week****Duration:** _____ **weeks****Signature:** _____**Date:** _____