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ANTERIOR INSTABILITY / BANKART REPAIR PROTOCOL

**Home exercise program beginning immediately post-op
No active elbow flexion or supination x 6 wks**

Weeks 1-2:

- Restrict motion to 120° FF/ 20° ER at side/ IR to stomach/ 90° ABD, PROM → AAROM → AROM as tolerated
- No cross-body adduction until 6 weeks post-op
- Isometrics in sling
- Sling for 4 weeks
- Heat before/ice after PT sessions
- No active elbow flexion or supination x 6 wks

Weeks 2-4:

- Progress passive ff-150°, scapular 150°, abd-100°
- Progress passive ER-45°

Strength

- Start gentle isometric exercises for extension, ER, IR, ABD
- Start scapula proprioceptive neuromuscular facilitation
- No active elbow flexion or supination x 6 wks

Weeks 4-6:

*****discontinue sling*******

Aerobic: Start treadmill

- Prom ff-160°, sc-160°, abd-140°, ER at side-45 to 60°

Strength

- **Start rotator cuff in scapula plane to include ir and er at low angles**
- **Deltoid isometrics**
- **Shoulder pinches/shoulder shrugs**

Weeks 6-8:

Aerobic: Elliptical, Incline treadmill, UBE

- **Start AAROM to AROM (Increase AROM 160° FF/ 60° ER at side/ 160° ABD/ IR behind back to waist)**
- **Work on progressive ABER & ABER**
- **Strengthening (isometrics/ resisted theraband exercises) 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**