

**ANTERIOR INSTABILITY/BANKART REPAIR PROTOCOL**

**\*\*\*NO MYOFACIAL RELEASE OR AGGRESSIVE SCAR TISSUE MASSAGE AT ALL \*\*\***

	<b>IMMOBILIZER</b>	<b>RANGE OF MOTION</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-1 weeks			Home exercise program given post-op
<b>PHASE II</b> 1-4 weeks	Sling for 4 weeks	Restrict motion to 90° FF/ 20° ER at side/ IR to stomach/ 45° ABD, PROM → AAROM → AROM as tolerated	Heat before/ice after PT sessions  Hold cross-body adduction until 6 weeks post-op  Isometric in sling
<b>PHASE III</b> 4-8 weeks	D/C sling at 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
<b>PHASE IV</b> 8-12 weeks		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
<b>PHASE V</b> 3-12 Months			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