## ANTERIOR SHOULDER INSTABILITY / BANKART REPAIR

## REHABILITATION PROTOCOL || DATE OF SURGERY: \_\_\_\_\_\_\_\_\_

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|  | **RANGE OF MOTION** | **SLING** | **Therapeutic Exercises** |
| *0-7 Days* | **No Shoulder motion**Gentle active assisted Elbow motionFull wrist and hand motion | Worn at all times | Follow home exercise program provided. |
| *PHASE I**1-4 Weeks* | Restrict motion to 90° FF20° ER at sideIR to stomach45° ABD No cross arm ADD**PROM → AAROM → AROM as tolerated**  | Worn at all times | Isometrics in the sling |
| *PHASE 2**4-8 Weeks* | **Increase AROM** 160° FF45° ER at side160° ABDIR behind back to waistCross body ADD at 6wk | D/C at 4 Weeks | Strengthening (isometrics/light bands) within AROM limitations, horizontal abduction exercises Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc) |
| *PHASE 3**8-12 Weeks* | If ROM lacking, increase to full with gentle passive stretching at end ranges | None | Advance strengthening as tolerated: isometrics 🡪 bands 🡪 light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers |
| *PHASE 4**Months 3-12* | Should have full ROM, if still lacking continue with gentle passive stretching at end ranges | None | -Only do strengthening 3x/week to avoid rotator cuff tendonitis-Begin UE ergometer-Begin sports related rehab at 3 months, including advanced conditioning**-**Begin eccentrically resisted motions, plyometric (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.-Return to throwing at 4 ½ months-Throw from pitcher’s mound at 6 months-MMI is usually at 12 months |

For any questions or concerns regarding the protocol or rehabilitation process please contact my office