

Anterior Instability/Bankart Repair Protocol



Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____ Frequency: _____ times per week | Duration: _____ 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
- » Increase AROM 160° FF/ 45° ER at side/ 160° 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); 10 reps each set related to rotator cuff, deltoid, and scapular stabilizers

Months 3-12:

- » Only do shoulder strengthening 2-3x/week to avoid rotator cuff tendonitis
- » Begin eccentrically resisted motions, plyometrics (e.g., weighted ball toss), proprioception (e.g., 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

Additional:

- Teach HEP
- Work Hardening/Work Conditioning
- Functional Capacity Evaluation

Modalities:

- Ice or cryotherapy before/after
- Heat before/after
- Electric Stimulation
- TENS
- Ultrasound
- Trigger points massage
- Dry needling
- Therapist's discretion

Signature: _____ Date: _____

Want to learn more? Find relevant videos, animations, and research material by orthopaedic surgeon Dr. Anthony Romeo at anthonyromeomd.com. →

